

HARVEST MISSIONS: SHORT TERM TRIP PREP

Passport

Please allow at least 8 weeks for your passport. Passports may take even longer depending of time of year. You may need to expedite your passport. If you are going to a country requiring a visa you will need to have your passport in hand at least two months before departure. You may pick up a passport application at most post office locations or find new passport and renewal forms at the USPS website.

Health & Food Advice

Doctors and hospitals are available in most every country. But it is still wise to be a medically informed traveler. Don't take unnecessary risks with your health.

Be very careful of the water you drink. Water is the most valuable resource you have, but can be quite deadly if it's contaminated. If you're unsure, don't drink it. Bottled water is generally safe, and it's best if you can keep a supply on hand. Avoid ice cubes made from tap water; freezing does not kill the offending bacteria.

However, be sure to drink PLENTY of safe water! It is easy if you are working on a project to quickly become dehydrated, however, prevention is simple. Adequate water will be provided on site for you, but it will be your responsibility to remember to use it.

Often vegetables that have not been cleaned, or have been rinsed in impure water can carry sickness. If you're not sure of their safety, it's best to avoid fresh vegetables. Any fruits that you yourself peel are generally safe for consumption. Do not eat raw eggs, uncooked meat, or unprocessed cheese.

Bring a container of hand towelettes. Keeping your hands clean is one of the most reliable ways to keep from getting sick.

Notify your team leader and seek professional care if any of the following occur:

- Diarrhea lasting more than seventy-two hours
- Bloody diarrhea
- Persistent or severe abdominal cramps or pain
- Vomiting lasting more than six or twelve hours
- Severe chills
- Painful urination or discharge

Be sure to remember to take any prescription medication you are taking with you. Keep an extra supply in a separate location from the first, in case you misplace it. You must inform the team leader of any medications you are bringing with you, and any medical condition that requires, or could require, their attention.

It is also a good idea to have copies of prescriptions and the prescribing doctor's phone number handy should there be a medical emergency. It's a good idea to stay generally aware of your physical condition at all times. Travel can be very taxing on your strength, especially if your STM involves long days of work or ministry. You know your physical condition better than anyone. You know what normal feels like, and what not normal is. Be sensitive to your body's signals if something isn't right. Tell a leader if you're not feeling good. It won't necessarily mean you have to sit out the rest of the trip, but if there is a real problem and you're unable to communicate, at least someone else will know you were having difficulties and what to do to help.

Financing

See trip financing document.

Shots

It is important to make sure you are up to date on all vaccinations you might need in order to travel. According to the Center for Disease Control website (CDC), “[Certain] vaccines are recommended to protect travelers from illnesses present in other parts of the world and to prevent the importation of infectious diseases across international borders. Which vaccinations you need depends on a number of factors including your destination, whether you will be spending time in rural areas, the season of the year you are traveling, your age, health status and previous immunizations.” All of these inoculations should be available through your family physician or your local County Health Department.

**We suggest checking with your insurance provider before getting the recommended vaccinations. In the past, we have had team members receive discounts on the required immunizations by first calling their insurance company. If you are in the Memphis area you can go to The Shot Nurse on Poplar Avenue in Memphis or at 714 N. Germantown Parkway in Cordova.*

HOW DO I KNOW WHICH VACCINATIONS TO GET?

Routine Vaccinations Because the CDC recommendations depend upon variables such as age, medical history and other risk factors, you should take the online quiz offered at <http://www2.cdc.gov/nip/adultImmSched/> and then discuss the results with your physician. Make sure to inform your doctor of your travel plans.

Recommended Vaccinations This class of vaccines is based upon your destination and season of travel. The most current recommendations can be found at <http://wwwn.cdc.gov/travel/destinationList.aspx>. Typically before going on a trip you should have a current Tetanus shot and a Hepatitis A shot. Vaccinations may include:

- Hepatitis A
- Hepatitis B
- Malaria
- Tetanus
- Typhoid
- Yellow Fever

WHAT DO THE VACCINATIONS PREVENT AGAINST?

Hepatitis A– Hepatitis A is a viral infection of the liver caused by the hepatitis A virus (HAV). Clinical manifestations of hepatitis A often include fever, malaise, anorexia, nausea and abdominal discomfort, followed within a few days by jaundice.

Hepatitis B– The hepatitis B virus (HBV) is transmitted through activities that involve contact with blood or blood- derived fluids. Symptoms such as malaise and anorexia may precede jaundice by 1 – 2 weeks. Other symptoms and signs include nausea, vomiting, abdominal pain and jaundice. Skin rashes, joint pains and arthritis may occur.

Malaria– Malaria is a serious, sometimes fatal disease caused by a parasite. Symptoms of malaria include fever and flu- like illness, including shaking chills, headache, muscle aches and tiredness, nausea, vomiting and diarrhea.

Tetanus-Diphtheria– Diphtheria is an acute bacterial disease involving primarily the tonsils, pharynx, larynx, nose, skin and occasionally other mucous membranes. Tetanus is an acute disease characterized by muscle rigidity and painful spasms, often starting in the muscles of the jaw and neck.

Typhoid– Typhoid fever is an acute, life-threatening febrile illness caused by the bacterium *Salmonella enterica* Typhi. The hallmark of infection is persistent, high fevers. Other common symptoms and signs include headache, malaise, anorexia, splenomegaly and relative bradycardia.

Yellow Fever– Yellow fever is a mosquito-borne viral disease. Illness ranges in severity from an influenza-like syndrome to severe hepatitis and hemorrhagic fever. Yellow fever is caused by a zoonotic virus that is maintained in nature by transmission between non-human primates and mosquito vectors.

For further information about these diseases, refer to <http://www.cdc.gov>.