

Health and Vaccinations

Recommended Vaccines:

1. Typhoid: once every 2 years
2. Hepatitis A: once every 20 years
3. Tdap (tetanus, diphtheria, & pertussis or whooping cough): once every 10 years

The typhoid vaccine is only available through the Cabell Huntington Health Department; the cost is \$61.00 for the injection.

Hepatitis A should be available at most doctor's offices or clinics. The cost for Hepatitis A is \$31.00 and it was also an injection.

Tdap – Karen's experience last year was that she went to Kroger Pharmacy on 5th Avenue and the pharmacist gave her the injection and billed her insurance company because it had been over five years since her last tetanus shot.

Malaria

Ask your doctor about anti-malarial drugs. Malarone is commonly prescribed for the Caribbean.

Prevention:

DEET 25-30% (Deep Woods Off) (Sold at Amazon or Walmart)

Spray on clothes as well as exposed skin. We also use Avon's Skin So Soft bath oil (original scent) two or three times a day to ward off mosquitos and other insects. Just slather it on your body after a shower and again if you are going out in the evening.

Roatan Honduras is very HOT and you must ensure that your Physician approves you to be in a very hot climate. It is extremely important while in Roatan that you drink plenty of purified water.