

MADAGASCAR TOUR - Health Information

The following includes information from the CDC with recommendations regarding health and safety for those traveling to Madagascar. We provide this information so you are informed and can make decisions about receiving the vaccinations and/or prescriptions.

Malaria is common enough in Madagascar to where we recommend you get an anti-malaria prescription. Prophylaxis for malaria (anti-malarial medication) is usually readily available with a prescription here in the U.S. and in Madagascar.

All travelers should plan to consume only bottled water as the bacteria in the water in Madagascar is different from what you are used to. We will provide water bottles throughout the trip.

We provide basic travel medical insurance for all participants. Our guide, Dr. Joel, who is native Malagasy, is also familiar with where to find pharmacies and medical doctors if needed.

General Health & Safety Guidelines

Pack any routine medications you take/use in their original, labeled container.

- Over-the-counter medications may be different so it's a good idea to pack some general health care & medication such as painkillers, mild laxatives, antacids, decongestants, cold medication, aloe, bandaids, etc. in case you need them
- Choose safe foods and drinks
 - avoid lukewarm food (cold food should be cold and hot food should be hot)
 - dry or factory-packaged foods are usually safe
 - avoid raw foods unless you can peel or wash them yourself with disinfected water
 - avoid street food
 - do not drink tap water, brush your teeth with bottled water • avoid ice as it's likely made with tap water
 - carbonated drinks are often considered the safest option, as it is easy to tell if they have remained sealed
 - milk from sealed bottles is usually safe, avoid milk in open containers
 - avoid fountain drinks unless you're sure they use purified water
 - avoid fresh fruit juice freshly squeezed as it may not have been prepared in sanitary conditions
- Prevent bug bites
 - cover exposed skin
 - use insect repellent (DEET has the best protection against both mosquitos and ticks)
 - sleep in a screened room or under bed nets
 - avoid scratching bug bites and check for any ticks after outdoor activities
- Pack clothing appropriate to the weather conditions
- Use sunscreen

- Swim only in designated areas & avoid swallowing any water
- Avoid touching animals that you do not know
- Wash your hands often, especially before eating, and supplement with hand sanitizer (60% alcohol or higher) when washing isn't an option
- Avoid touching your face, especially your eyes, nose, and mouth
- Cover your mouth and nose (but not with your hands) when you sneeze
- Avoid sharing drinks
- Be aware of your surroundings and avoid large crowds
- Avoid wearing obviously expensive clothing and bags
- Keep your valuables & documents in secure areas
- Include your name and contact information both on a luggage tag and inside your luggage in case it is lost

General Health Information for Travelers to Madagascar

*We have included the portions of the site that are relevant to the areas we visit, our activities, and the typical ages of our participants. For the complete site, please visit

https://wwwnc.cdc.gov/travel/destinations/traveler/none/madagascar?s_cid=ncezid-dgmq-travel-leftnav-traveler

Vaccines & Medicines

Diseases with vaccines	Recommendations
Routine Vaccines	Make sure routine vaccines are up to date before every trip
COVID-19	Travelers should be up to date with their COVID-19 Vaccines
Hepatitis A	Recommended for all travelers not previously vaccinated
Hepatitis B	Recommended for all travelers not previously vaccinated
Malaria	Prophylaxis medication recommended
Measles	MMR Vaccine recommended for those not previously vaccinated
Polio	Recommended for all travelers not previously vaccinated
Rabies	Recommended for certain activities and areas
Typhoid	Recommended for most travelers
Yellow Fever	Recommended for travelers arriving from countries with risk for YF virus transmission; this includes >12-hour airport transits or layovers in countries with risk for YF virus transmission

Diseases without vaccines	Recommendations
Leptospirosis	Avoid contaminated water and soil
African Tick-Bite Fever & Crimean-Congo Hemorrhagic Fever	Avoid tick bites
Chikungunya & Dengue	Avoid mosquito bites
Hantavirus	Avoid rodents
Plague	Avoid flea bites, sick animals, and people
Rift Valley fever	Avoid animals and bug bites
Tuberculosis (TB)	Avoid sick people