

Honduras Health Information

No vaccines are required for travel to Honduras but the CDC (Center for Disease Control) has recommendations that I take seriously.	The CDC website regarding travel to Honduras has additional information about staying healthy. >>>	wwwn.cdc.gov/travel/destinationHonduras.aspx
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RECOMMENDED IMMUNIZATIONS AND PRESCRIPTIONS

Name	Notes	Where to Find It
Routine immunizations (MMR, Tdap or td)	Most adults are years or decades behind on their boosters	Available at local health department
Hepatitis A	2 shots, 6 months apart, at least 1 before you go	Available at local health department
Typhoid	Available as a shot or pills; the pills provide longer immunity	Available by prescription or from travel clinic
Chloroquine (antimalarial)	1 pill /week starting a week before and ending 4 weeks after the trip	Available by prescription or from travel clinic
Cipro (broad spectrum antibiotic)	for serious cases of diarrhea when other remedies aren't working	Available by prescription or from travel clinic

OVER-THE-COUNTER PREVENTATIVES AND REMEDIES

Name	Notes	Where to Find It
Bromain and Papain (enzyme pills made from pineapple and papaya)	helps digest proteins quickly	Online or health food store
Probiotics (lactobacillus, acidophilus, etc.)	provides more good bacteria to aid digestion	Online or health food store
Cayenne tablets	helps fight diarrhea caused by foods your body isn't used to	Online or health food store
Pepto-Bismol tablets (liquids over 3 ounces not allowed in carry-ons)	coats your stomach to help prevent upset	Drug stores, grocery stores, etc.
Imodium tablets	for diarrhea but not recommended for very severe cases	Drug stores, grocery stores, etc.
Dramamine or Bonine pills	motion sickness preventative (not remedy)	Drug stores, grocery stores, etc.