



Travel Medicine Information for Countries in The Caribbean

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Vaccine and Immunization Information for Travelers to Countries in The Caribbean

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|  <p>Countries include: Anguilla (U.K.) Antigua and Barbuda Aruba The Bahamas Barbados Bermuda (U.K.) Cayman Islands (U.K.) Cuba Dominica Dominican Republic</p> | <p>Grenada Guadeloupe Haiti Jamaica Martinique (France) Grenada Guadeloupe Haiti Jamaica Martinique (France) Montserrat (U.K.) Netherlands Antilles (Bonaire, Curacao, Saba, St Eustatius) Puerto Rico (U.S.) St. Kitts and Nevis St. Lucia St. Vincent and the Grenadines Trinidad and Tobago Turks and Caicos (U.K.) British Virgin Islands U.S. Virgin Islands</p> |
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General Health Information for Travelers to Countries in The Caribbean

Recommended Vaccinations and Preventive Medications: The following vaccines may be recommended for your travel to The Caribbean.

- Hepatitis A or immune globulin (IG).
- Hepatitis B, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment.
- Malaria: your risk of malaria may be high in some of the countries in these regions.
- Rabies, if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities.

- Typhoid, particularly if you are visiting developing countries in this region. Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors.
- Yellow fever, a viral disease that occurs primarily in sub-Saharan Africa and tropical South America, is transmitted to humans through the bite of infected mosquitoes. The virus is also present in Panama and Trinidad and Tobago. Yellow fever vaccination is recommended for travelers to endemic areas and may be required to cross certain international borders. Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk.
- As needed, booster doses for Tetanus-Diphtheria and Measles.

Required Vaccinations:

- For detailed information, see the nearest authorized yellow fever vaccine center.

Diseases found in the Caribbean (risk can vary by country and region within a country; quality of in-country surveillance also varies)

The preventive measures you need to take while traveling in the Caribbean depend on the areas you visit and the length of time you stay. You should observe the precautions listed in this document in most areas of this region.

Malaria:

Malaria is always a serious disease and may be a deadly illness. Humans get Malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites.

The Caribbean:

All travelers to malaria-risk areas in Haiti and the Dominican Republic, including infants, children, and former residents of these islands, should take an antimalarial drug. All travelers to Haiti are at risk for malaria, except no risk in the cruise port of Labadee (Labadie).

Travelers to rural areas of the Dominican Republic are at risk for malaria, with the highest risk in provinces bordering Haiti. In addition, risk in all areas of La Altagracia Province, including Punta Cana and Bavaro Beach. Travelers to malaria-risk areas in Haiti and Dominican Republic.

There is no risk of Malaria in for malaria in: Anguilla (U.K.), Antigua & Barbuda, Bahamas, Barbados, Bermuda (U.K.), Cayman Islands (U.K.), Cuba, Dominica, Grenada, Guadeloupe, Martinique (France), Montserrat (U.K.), Netherlands Antilles, Puerto Rico (U.S.), St. Kitts & Nevis, St. Lucia, St. Vincent & the Grenadines, Trinidad & Tobago, Turks & Caicos (U.K.), Virgin Islands (U.K., U.S.).

Yellow Fever:

The Caribbean:

Yellow Fever is present only in Trinidad & Tobago in this region. A certificate of Yellow Fever Vaccination may be required for entry into certain countries in the region if you have visited Trinidad & Tobago or an endemic area in South America or sub-Saharan Africa.

Food and Waterborne Diseases:

Make sure your food and drinking water are safe. Food and waterborne diseases are the primary cause of illness in travelers. Travelers' Diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout the Caribbean and can contaminate food or water. Infections may cause diarrhea and vomiting (E. Coli, Salmonella, Cholera, and Parasites), fever (Typhoid Fever and Toxoplasmosis), or liver damage (Hepatitis).

Illness caused by a parasitic worm (*Angiostrongylus Cantonensis*) can occur in this region. People can get infected by eating raw or undercooked snails or slugs that are infected with the parasite.

Other Disease Risks:

The Caribbean:

Dengue is transmitted by mosquitoes in this region. Protecting yourself against insect bites will help to prevent this disease.

Cutaneous Larval Migrans is a risk for travelers with exposures on beaches and Leptospirosis is present. Eosinophilic Meningitis caused by *Angiostrongylus cantonensis* occurred in travelers to Jamaica. Anthrax occurs in Haiti. Other infections that tend to occur more often in longer-term travelers (or immigrants from this region) include Lymphatic Filariasis (Dominican Republic and Haiti), Cutaneous Leishmaniasis (Dominican Republic), Tuberculosis (Haiti), HIV (Haiti), and Hepatitis B (Haiti and the Dominican Republic). There remains very limited risk of Schistosomiasis in few areas. Other hazards for travelers include Toxic Fish Poisoning.



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