



## Bracelets For Buildings Inc. (B4B)

### Health Considerations

We highly recommend that you consult your personal physician prior to travel to address any recommended vaccinations and precautions that should be taken based on your personal health status.

It is wise to **make sure all your routine vaccines are up-to-date**. This includes MMR, DtP, Varicella, and Polio. An annual flu shot is at your discretion. A current tetanus shot is particularly important because you will be at a construction site. Tetanus boosters are good for 10 years.

In addition to the above, the CDC recommends most travelers to Cambodia get immunized for **Hepatitis A** and **Typhoid**. Both of these diseases can be contracted through contaminated food and water. These vaccines may require a booster shot one month after the initial vaccination, so it is important to begin your immunizations as soon as possible.

Both **Zika** and **malaria** are present in Cambodia. Pregnant women should definitely not travel to this country. The CDC website indicates that although malaria is present throughout the country, the relative risk for US travelers is low. Please consult with your personal physician about taking anti-malarial drugs. At a very minimum, **anti-mosquito measures** should be observed:

- Apply insect repellent to exposed skin. Repellent containing 20-35% DEET is recommended.
- Wear long-sleeved clothing and long pants if you are outdoors at night.
- Use a mosquito net over the bed if your sleeping quarters are not air-conditioned or screened. For additional protection, treat the mosquito net with insecticide.
- Spray insect repellent on your clothing – mosquitos can bite through thin clothing.
- Spray insecticide in your room before going to bed.

### Medications

If you use prescription medications, carry an adequate supply for the trip, along with a signed and dated statement from your physician indicating the dosage and the reason for the medications. This information will answer any questions you might encounter when passing through customs, and it is helpful to medical authorities in case of emergency. Be sure to discuss with your doctor the climate at your destination, as some medicines are ineffective at extreme temperatures, or when the patient is exposed to large amounts of sunlight. A card, tag, or bracelet identifying any physical condition that may require emergency care is helpful when traveling. Also, pack a copy of your medical history, including blood type, allergies, and any special conditions.

If you wear **prescription glasses**, it is advisable to bring an extra pair and a copy of your prescription. Contact lens wearers should check with their eye care professional regarding the practicality of wearing and cleaning their lenses during a work trip.

If you do get sick while in Cambodia, make sure you let your personal physician know about your illness upon returning home. Most people who acquire viral, bacterial, or parasitic infections abroad become ill within six weeks of returning home, but some diseases may not manifest immediately. If you become ill after you return home, it is important to advise your physician that you were in Cambodia (and any other countries visited) within the year preceding the onset of illness. Knowledge of your travel, and the possibility that you may have an illness that the physician rarely encounters, will help him/her arrive at a correct diagnosis more quickly.