



# TRUANTS CYCLE AFRICA VACCINATIONS

Below are the vaccine recommendations for the upcoming Truants Cycle Africa trip. Many of you travel regularly and so are likely to have had multiple travel vaccinations **however you must ensure you speak to your own healthcare provider to make sure you are covered appropriately for the trip.**

If you would like to look at overall travel health advice for each country please use the below links:

**ZAMBIA** - [https://travelhealthpro.org.uk/country/247/zambia#Vaccine\\_Recommendations](https://travelhealthpro.org.uk/country/247/zambia#Vaccine_Recommendations)

**ZIMBABWE** - [https://travelhealthpro.org.uk/country/248/zimbabwe#Vaccine\\_Recommendations](https://travelhealthpro.org.uk/country/248/zimbabwe#Vaccine_Recommendations)

**NAMIBIA** - [https://travelhealthpro.org.uk/country/157/namibia#Vaccine\\_Recommendations](https://travelhealthpro.org.uk/country/157/namibia#Vaccine_Recommendations)

**BOTSWANA** - [https://travelhealthpro.org.uk/country/33/botswana#Vaccine\\_Recommendations](https://travelhealthpro.org.uk/country/33/botswana#Vaccine_Recommendations)

## GENERAL ADVICE

All members of the group should be up to date with routine vaccination courses and boosters as recommended in the UK, these vaccinations include for example measles-mumps-rubella (MMR) vaccine and diphtheria-tetanus-polio vaccine. Anyone who may be at increased risk of an infectious disease due to their work, lifestyle choice, or certain underlying health problems should be up to date with additional recommended vaccines and discuss directly with their Dr.

## TRAVEL VACCINATIONS ESSENTIALS

For all four of the countries we will be visiting it is strongly recommended for all travellers that you are up to date with the below – you may need a booster to ensure you are covered.

- Hepatitis A
- Tetanus
- Typhoid

You also **must** take anti-malarial tablets whilst we are on the trip. All of the countries carry a high-risk for malaria and so you will need to ensure you have adequate anti-malarial for the duration of the trip – and any extension you may have organised.

## RECOMMENDED

The vaccines in this section are recommended for travellers visiting the four countries we are heading to but are not mandatory:

- Cholera – this is an oral tablet
- Hepatitis B
- Rabies – recommended due to the nature of our activity. Please allow 28 days for the course.
- Tuberculosis – if you had the BCG vaccine when you were younger this is covered