



## Travel Medicine Information for Countries in *Mexico and Central America* from [TRIPSETC.COM](http://TRIPSETC.COM)

### Vaccine and Immunization Information for Travelers to Countries in Mexico and Central America



#### **General Health Information for Travelers to Countries in Mexico and Central America**

**Recommended Vaccinations and Preventive Medications:** The following vaccines may be recommended for your travel to Mexico and Central America.

- **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.

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## Diseases found in the Mexico and Central America (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 Mexico and Central America 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.

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### 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.

#### *Mexico and Central America:*

Your risk of malaria may be high in these countries, including some cities. Travelers to malaria-risk areas, including infants, children, and former residents of Mexico and Central America, should take an antimalarial drug.

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### Yellow Fever:

#### *Mexico and Central America:*

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

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### 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 Mexico and Central America 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)**.

**Gnathostomiasis (Roundworms)** has increased in Mexico, with many cases being reported from the Acapulco area, infection has been reported in travelers. Humans become infected by eating undercooked fish or poultry, or reportedly by drinking contaminated water.

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### Other Disease Risks:

#### *Mexico and Central America:*

**Dengue, Filariasis, Leishmaniasis, Onchocerciasis, and American Trypanosomiasis (Chagas Disease)** are diseases carried by insects that also occur in this region. **Myiasis (Botfly)** is endemic in Central America. Protecting

yourself against insect bites will help to prevent these diseases.

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