



## **Vaccination Recommendations**

**Please see your health care provider for preventative health recommendations before traveling to Ecuador. The CDC is a great up-to-date resource:**

**<https://wwwnc.cdc.gov/travel/destinations/traveler/none/ecuador>**

**Hepatitis A**

**Hepatitis B**

**Up to date Tetanus**

**Typhoid (this can be in two forms; either an injection or oral). If you have been to Ecuador before, the injectable form is effective for 3 years and the oral form is good for 5 years.**

**You should be able to obtain all of these from your general physician.**

**Yellow Fever immunization IS NOT required. No malaria medication is necessary.**

## **Suggested First Aid Kit**

**Any prescription medication you may be taking**

**Band-Aids and Antiseptic cream**

**Tylenol or any medication you would take for aches and pains**

**An antibiotic prescribed by your health care provider – in case you get traveler's diarrhea, and OTC medication for diarrhea**

**Disinfectant wipes**

**Bug spray or wipes, and Anti-itch cream**

**Sunscreen**