

Iowa volunteers can call Passport Health in Moline, IL at 309.757.1252 or access the web site at <http://www.passporthealthusa.com/moline/> OR The University of Iowa Travel Services at 319.356.4252.

Atlanta Volunteers can access Passport Health via website address <http://www.passporthealthatlanta.com>.

Malaria: Prophylaxis with chloroquine is recommended for all areas except the cruise port of Labadee.

Vaccinations:

Hepatitis A Recommended for all travelers

Typhoid Recommended for all travelers

Polio Recommended for all travelers

Yellow fever Required for travelers arriving from a yellow-fever-infected area in Africa or the Americas

Hepatitis B Recommended for all travelers

Rabies For travelers spending a lot of time outdoors, or at high risk for animal bites, or involved in any activities that might bring them into direct contact with bats

Measles, mumps, rubella (MMR)

Two doses recommended for all travelers born after 1956, if not previously given

Tetanus-diphtheria Revaccination recommended every 10 years

Medications

Travelers' diarrhea is the most common travel-related ailment. The cornerstone of prevention is food and water precautions, as outlined below. All travelers should bring along an antibiotic and an antidiarrheal drug to be started promptly if significant diarrhea occurs, defined as three or more loose stools in an 8-hour period or five or more loose stools in a 24-hour period, especially if associated with nausea, vomiting, cramps, fever or blood in the stool. A quinolone antibiotic is usually prescribed: either ciprofloxacin (Cipro)(PDF) 500 mg twice daily or levofloxacin (Levaquin) (PDF) 500 mg once daily for a total of three days.

Quinolones are generally well-tolerated, but occasionally cause sun sensitivity and should not be given to children, pregnant women, or anyone with a history of quinolone allergy.

Alternative regimens include a three day course of rifaximin (Xifaxan) 200 mg three times daily or azithromycin (Zithromax) 500 mg once daily. Rifaximin should not be used by those with fever or bloody stools and is not approved for pregnant women or those under age 12.

Azithromycin should be avoided in those allergic to erythromycin or related antibiotics. An antidiarrheal drug such as loperamide (Imodium) or diphenoxylate (Lomotil) should be taken as needed to slow the frequency of stools, but not enough to stop the bowel movements completely. Diphenoxylate (Lomotil) and loperamide (Imodium) should not be given to children under age two.

Most cases of travelers' diarrhea are mild and do not require either antibiotics or antidiarrheal drugs. Adequate fluid intake is essential.

If diarrhea is severe or bloody, or if fever occurs with shaking chills, or if abdominal pain becomes marked, or if diarrhea persists for more than 72 hours, medical attention should be sought.

Though effective, antibiotics are not recommended prophylactically (i.e. to prevent diarrhea before it occurs) because of the risk of adverse effects, though this approach may be warranted in special situations, such as immunocompromised travelers.

Malaria in Haiti: prophylaxis is recommended for all areas except for the cruise port of Labadee. Risk is greatest in certain forest areas in Gros Morne, Hinche, Maissade, Chantal and Jacmel. The drug of choice is chloroquine, taken once weekly in a dosage of 500 mg, starting one-to-two weeks before arrival and continuing through the trip and for four weeks after departure. Chloroquine may cause mild adverse reactions, including gastrointestinal disturbance, headache, dizziness, blurred vision, and itching, but severe reactions are uncommon. Insect protection measures are advised.

For further information about malaria in Haiti, go to the World Health Organization.

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Immunizations

The following are the recommended vaccinations for Haiti.

Hepatitis A vaccine is recommended for all travelers over one year of age. It should be given at least two weeks (preferably four weeks or more) before departure. A booster should be given 6-12 months later to confer long-term immunity. Two vaccines are currently available in the United States: VAQTA (Merck and Co., Inc.) (PDF) and Havrix (GlaxoSmithKline) (PDF). Both are well-tolerated. Side-effects, which are generally mild, may include soreness at the injection site, headache, and malaise.

Older adults, immunocompromised persons, and those with chronic liver disease or other chronic medical conditions who have less than two weeks before departure should receive a single intramuscular dose of immune globulin (0.02 mL/kg) at a separate anatomic injection site in addition to the initial dose of vaccine. Travelers who are less than one year of age or allergic to a vaccine component should receive a single intramuscular dose of immune globulin (see hepatitis A for dosage) in the place of vaccine.

Typhoid vaccine is recommended for all travelers. An outbreak of typhoid fever was recently reported from Haiti (see "Recent outbreaks" below). Typhoid vaccine is generally given in an oral form (Vivotif Berna) consisting of four capsules taken on alternate days until completed. The capsules should be kept refrigerated and taken with cool liquid. Side-effects are uncommon and may include abdominal discomfort, nausea, rash or hives. The alternative is an injectable polysaccharide vaccine (Typhim Vi; Aventis Pasteur Inc.) (PDF), given as a single dose. Adverse reactions, which are uncommon, may include discomfort at the injection site, fever and headache. The oral vaccine is approved for travelers at least six years old, whereas the injectable vaccine is approved for those over age two. There are no data concerning the safety of typhoid vaccine during pregnancy. The injectable vaccine (Typhim Vi) is probably preferable to the oral vaccine in pregnant and immunocompromised travelers.

Polio immunization is recommended. Eight cases of poliomyelitis were identified between July 2000 and July 2001. All cases occurred in people who were either unvaccinated or incompletely vaccinated. A mass vaccination campaign brought the outbreak under control. For further information, go to MMWR and the World Health Organization (PDF).

Any adult who received the recommended childhood immunizations but never had a booster as an adult should be given a single dose of inactivated polio vaccine. Adults who are unvaccinated or incompletely vaccinated should be fully immunized (see polio for schedule). All children should be up-to-date in their polio vaccinations before departure. Adverse

reactions to polio vaccine are uncommon and may include pain at the injection site. Since inactivated polio vaccine includes trace amounts of streptomycin, neomycin and polymyxin B, individuals allergic to these antibiotics should not receive the vaccine.

Hepatitis B vaccine is recommended for all travelers if not previously vaccinated. Two vaccines are currently licensed in the United States: Recombivax HB (Merck and Co., Inc.) (PDF) and Engerix-B (GlaxoSmithKline) (PDF). A full series consists of three intramuscular doses given at 0, 1 and 6 months. Engerix-B is also approved for administration at 0, 1, 2, and 12 months, which may be appropriate for travelers departing in less than 6 months. Side-effects are generally mild and may include discomfort at the injection site and low-grade fever. Severe allergic reactions (anaphylaxis) occur rarely.

Rabies vaccine is recommended for travelers spending a lot of time outdoors, for travelers at high risk for animal bites, such as veterinarians and animal handlers, for long-term travelers and expatriates, and for travelers involved in any activities that might bring them into direct contact with bats. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites. A fatal case of rabies was recently reported in an American traveler who had been bitten by a dog while in Haiti. A complete preexposure series consists of three doses of vaccine injected into the deltoid muscle on days 0, 7, and 21 or 28. Side-effects may include pain at the injection site, headache, nausea, abdominal pain, muscle aches, dizziness, or allergic reactions.

Any animal bite or scratch should be thoroughly cleaned with large amounts of soap and water and local health authorities should be contacted immediately for possible post-exposure treatment, whether or not the person has been immunized against rabies.

Tetanus-diphtheria vaccine is recommended for all travelers who have not received a tetanus-diphtheria immunization within the last 10 years.

Measles-mumps-rubella vaccine: two doses are recommended (if not previously given) for all travelers born after 1956, unless blood tests show immunity. Many adults born after 1956 and before 1970 received only one vaccination against measles, mumps, and rubella as children and should be given a second dose before travel. MMR vaccine should not be given to pregnant or severely immunocompromised individuals.

Yellow fever vaccine is required for all travelers arriving from a yellow-fever-infected country in Africa or the Americas, but is not recommended or required otherwise. Yellow fever vaccine (YF-VAX; Aventis Pasteur Inc.) (PDF) must be administered at an approved yellow fever vaccination center, which will give each vaccinee a fully validated International Certificate of Vaccination. The vaccine should not in general be given to anyone who is less than nine months old, pregnant, immunocompromised, or allergic to eggs (since the vaccine is produced in chick embryos).

Cholera vaccine is not recommended. Cholera is not reported from Haiti..

Haiti Personal Packing List

Socks/underwear (enough for a change each day)

Tennis/running shoes or hiking boots -sturdy ones that you may be willing to leave there as they may be too filthy to bring back with you!

Sandals/shower shoes

Men -at least 1 pair of long pants (for mass)

Women- at least 1 skirt/dress (preferable not to have revealing tops or short skirts at mass or anytime)

During the day shorts/t-shirts/tank tops/Capri's/scrubs are all acceptable wear. To conserve on packing and suitcase room, you may want to plan on wearing outer clothes more than one time.

long sleeve shirt

Pajama bottoms/sweats

Sweatshirt or jacket

2-3 toothbrushes (in case you accidentally run one under the tap)

Personal toiletries (all liquids must be packed in 3 oz or smaller sizes and kept in a single quart baggie which will need to be shown at security.)

These include shampoo, deodorant, contact lens solution, toothpaste, Purell and fresh wipes /baby wipes and facial wipes such as Ponds or Olay as well as Sunscreen, and DEET bug repellent)

Malaria medication

Flashlight/headlamp

Water bottle

Towel and washcloth

Set of Single bed sheets/ Pillowcase

Passport and copy

Credit card

Airline confirmation number

OPTIONAL

Coffee cup

Toilet paper

Earplugs (Wax work well)

Light thermal blanket or sleeping bag (Strongly recommended)

Hangers

Laundry detergent

Money belt

Bandana

Baseball cap or other hat for sun

Sunglasses

Journal

book

camera

personal treat favorites

the following items will also be packed in a suitcase for the group to share:

Packets of chicken and tuna

Peanut butter

Pringles

Pretzels

Beef jerky

Granola bars

Oatmeal

Instant potatoes

Soup packets

Licorice

Summer sausage

Crackers and bread

Dried fruits

Nuts

Trail mixes

You will want some cash for the airport, pop or beer at the guest house, and souvenirs. It's best to bring small bills (\$5-\$1 bills) \$50-\$100 is probably more than enough, depending on your shopping habits!

It's best not to keep your cash in one place. The guest house accepts checks for souvenirs also.

Other International Travel One bag carry-on. No charge

Two bags checked. No charge

45 in/114 cm (carry-on)

62 in/157 cm (checked)

40 lbs/18 kgs. (carry-on)

50lbs/23kg (checked)

The size limitation of your luggage is calculated by adding the total outside dimensions of each bag, that is, length + width + height.

*Bags over the size or weight allowance will incur additional charges. See below for Specialty Items.

Above is the Baggage allowance per person for flights to Port Au Prince. Each delegate will be responsible for packing their personal carry on items in one larger carry on and one smaller carry on bag (i.e.: backpack, computer bag, purse)

All medical supplies and other materials for the Trip projects will be packed by ServeHAITI for the delegates as their 2 free checked luggage.

If necessary, we may ask that each delegate be responsible for=2 0a 3rd checked bag, and the extra baggage fees will be reimbursed by ServeHAITI.

During the months of June, July and August- American Airlines imposes an extra luggage embargo. Only 2 checked bags will be allowed per passenger despite regardless of willingness to pay for extra.

Delegates generally meet at the Atlanta airport at a pre arranged time and will check in as a group. 2 large checked bags will be designated for each delegate and you will be responsible for retrieving them off of the carousel in Port Au Prince. (This is not as scary as it sounds as there will be many of the group to help each other.)

Carts may be purchased inside the baggage claim area for \$1.00 a piece and this generally works best. The less attention we can draw to ourselves as a group, the better to get through customs. You will want to refrain from any clothing, T-shirts etc. that may identify you as a "Missionary".

During your flight from Miami to Port au Prince, the flight attendants will pass out Immigration entry documents and customs declaration documents. You won't claim any medications unless asked to do so by a trip leader before the flight.

The address of our guest house in PAP will be used as your Haiti contact address.

These are the two guest homes we generally stay at, as well as contact info. Please write the appropriate info on the Immigration entrance form.

Hospice St. Joseph
Email: Hsj33haiti@Aol.Com
Telephone: 011-509-2245-6177
Local Address in Haiti:
33 Rue Acacia
Port-au-Prince

MATTHEW 25 HOUSE
6 RUE A. MARTIAL, DELMAS 33
PORT AU PRINCE
509-2511-7273 (House) 509-3493-1900 (Sr. Mary's cell)
509-3794-4962-Patrick's cell

When going through immigration (which is different than customs) they will stamp your passport and leave you with the bottom half of your entry card. **DO NOT LOSE THIS** as you will need it to depart the country. As you go through customs, you'll be asked to show your white declaration form as well as your baggage claim tickets. If separated at customs and you stopped and questioned, you do not need to be frightened as you are not doing anything illegal. The trip leaders will be carrying the bags with medications. This will (hopefully) have been pre approved by the Ministry of Health before our arrival.

Once you have passed through customs, you'll exit out into what can only be

described as mass chaos. The skycaps will be vying for your baggage handling. Politely say no- **very firmly if necessary**- and turn to your left and continue walking, where someone from the group or the guest house will find you. We'll proceed to the parking lot where you will be divided into vehicles (depending on the size of the delegation) and driven to the guest house.

Time spent in PAP:

Both Matthew 25 and Hospice St. Joseph's are wonderful guest homes and the decision to stay at either one will be decided by delegation size as well as availability. Both Houses are gated, locked and guarded all day and night.

You will be sharing rooms with other delegates as well as possibly people from other groups. This is a great time to connect and learn.

Pop and beer are available for a small fee at both houses.

Meals are announced by bell and attendance is expected unless there are circumstances that prevent your presence. The meals have been carefully and lovingly prepared by staff so you are encouraged to try everything, but only take what you know you will be able to eat, as we will want to be mindful of waste.

Safe water is available by large jug.

DO NOT DRINK THE TAP WATER!

Please be mindful of electricity usage and avoid long showers as well as save toilet flushes for when necessary.

Helping with dishes after meals is a wonderful way to show your appreciation for the house hospitality. While they are there to make your time in PAP comfortable, it is good to remember that they live there all year long!

Both houses also have a souvenir shop where items can be bought to take home. Remember these purchases also help the local artisans!

Time spent at the clinic:

Happily, the second story is completed and the staff is now sleeping upstairs. This is a new development for the volunteers as well, and we ask for your patience as we work through the glitches!

We hope to be able to provide a bed and memory foam mattress for each volunteer, but remember you are in the mountains and it can get cold at night, so bring warm sleeping clothes- and a blanket or sleeping bag if

possible.

The clinic has running water for showers, but again, conservation is key. We also have solar power, but please be mindful of your energy usage. You will have internet and phone access at the clinic (God Willing)

Good drinking water is provided both by large bottle jugs as well as the Gift of Water filter system.

DO NOT DRINK THE TAP WATER!!!!

Meals at the clinic will consist mostly of food items we have packed in duffels:

Packets of chicken and tuna

Peanut butter

Pringles

Pretzels

Beef jerky

Granola bars

Oatmeal

Instant potatoes

Soup packets

Licorice

Summer sausage

Crackers and bread

Dried fruits

Nuts

Trail mixes

We do this to help those with traveling stomachs, as well as try to avoid putting extra burden on the clinic cook staff.

Feel free to pack any goodies in your personal bags that you think you may crave!

This may be a good place to interject that the food prepared by the Haitian cooks may be spicy, and you may wish to pack some antacids and anti-diarrheal medication if you feel you are predisposed to these digestive issues!

We will attend mass (hopefully) at least once, and it is a wonderfully uplifting experience. You will want to dress appropriately (long pants for men and skirts and sleeved tops for the women.) afterward we will have a chance to walk to the Sunday market.

As far as photography is concerned- it is best to ask first. Some people just

don't want their pictures taken. Photography in Port Au Prince should be as discreet as possible on the streets, if at all.

You'll find that generally the people are happy to spend time with you and are delightful to talk to.

While each delegation has specific projects to work on while there, ServeHAITI feels that the interaction with those we work side by side with in Gran Bois is a huge part of the experience, and we will try to provide opportunity to spend time within the community as well as walk the countryside. It really is an amazing place.

Below you will find some common Creole phrases.

You may also be interested in downloading a free program from www.Byki.com for a more interactive learning experience! The ability to converse with your new Haitian friends in even the smallest way will greatly enhance your experience! Bon chans!

KEY CREOLE WORDS AND PHRASES SAY IT IN CREOLE

CREOLE ENGLISH

Bonjou! - Good morning!

Bonswa! - Good afternoon!/Evening! (used after 11 AM)

Komon ou ye? - How are you?

N'ap boule! (most common greeting and response)

- Good!

Wi - Yes

yo - they, them

Non - No

Mesi - Thanks

Anmwe! - Help!

Non, mesi - No, thanks

Souple - Please

Merite - You're welcome

Pa gen pwoblem - No problem

Oke - OK

Eskize mwen - Excuse me

Mwen regret sa - I'm sorry

Gen... - There is/are...

Pa genyen! - There is/are not any!

Mwen pa genyen! - I don't have any!

Sekonsa! - That's right!

Piti piti - A little bit

Anpil - A lot
Gen anpil... - There are a lot of...
Isit - Here
La - There
Tout bagay anfon? - Is everything OK?
Pa kounye-a - Not now
Toupatou - Everywhere
Anyen - Nothing
Preske - Almost
Atansyon! - Attention!/Watch out!
Prese prese! - Hurry!
Dife! - Fire!
Rete! - Stop!
Kounye-a - Now
Nou ap chache... - We are looking for...
Souple, ban mwen... - Please give me...
Separe sa ant nou - Divide this among you
Ye - Yesterday
Jodia - Today
Demen - Tomorrow
Maten an - This morning
Apremidi a - This afternoon
Aswe a - This evening
lendi - Monday
madi - Tuesday
mekredi - Wednesday
jedi - Thursday
vandredi - Friday
samdi - Saturday
dimanch - Sunday
Ou byen? - You OK?
Mwen pa two byen - I'm not too well
Mwen malad - I'm sick
Te gen yon aksidan - There was an accident
Nou bezwen yon dokte/yon mis
touswit
- We need a doctor/a nurse right
now
Kote Iopital Ia? - Where is the hospital?
Kote Ii ou fe mal? - Where does it hurt you?
Li ansent - She's pregnant
Mwen pa ka manje/domi - I cannot eat/sleep
Mwengendjare - I have diarrhea
Mwen anvi vonmi - I feel nauseated
Tout ko mwen cho - My whole body is hot
Mwen toudi - I'm dizzy
Nou bezwen pansman/koton - We need bandages/cotton
Mwen bezwen yon bagay pi blese
sa a
- I need something for this cut
Ou gen SIDA - You have AIDS

Mwen grangou - I'm hungry
Mwen swaf anpil - I'm very thirsty
Nou ta vle manje
maten an
midi a
aswe a
- We would like
- breakfast
- lunch
- supper
Konben - How much?/How many?
Poukisa? - Why?
Kote? - Where?
Kisa? - What?
Kile? - When?
Ki moun? - Who?
Kijan? - How?
Kiles? - Which?
Eske gen...? - Is/Are there...?
Eske ou gen...? - Do you have...?
Eske ou ka ede nou, souple? - Can you help us please?
Kote nou ka achte...? - Where can we buy...?
Eske ou ka di mwen...?
montre. ...?
ban...?
- Can you tell me...?
- show...?
- give...?
Ki moun ki Ia? - Who is there?
Kisa ou vIe? - What do you want?
Kisa ou ta vIa? - What would you like?
Kisa ou ap fe Ia? - What are you doing there?
Kisa sa a ye? - What is that?
Sa k'genyen? - What's the matter?
Kisa pi nou fe? - What must we do?
Eske ou te we...? - Have you seen...?
Eske ou pale angle/franse? - Do you speak English/French?
Ki moun isit ki pale angle? - Who speaks English here?
Ou konprann? - You understand?
Kij an yo rele sa an kreyol? - What do they call that
inCreole?
Kij an yo di...an kreyol? - How do they say... in Creole?
Kisa ou bezouen? - What do you need?
Kisa ki rive ou? - What happened to you?
Ki kote li ale? - Where did he go?
Kilaj ou? - How old are you?
Kote ou rete? - Where do you live?
Eske ou gen petit? - Do you have any children?
Kote nou ye? - Where are we?
genyen - to have
chita - to sit

manje - to eat
rete - to stop
kouri - to run
kouche - to lie down
vini - to come
ale/prale - to go
ban - to give
rete trankil - to be quiet
pran - to get, receive
leve - to get up
sede - to give up
touye - to kill
frape - to hit
kache - to hide
konnen - to know
manti - to lie (not truth)
gade - to look
koupe - to cut
kwit-manje, fe-manje - to cook
fimen - to smoke
atake - to attack
ban pemi - to authorize
kri - to shout, yell, scream
achte - to buy
fe-apel - to call, name
netwaye - to clean
femen - to close
fose - to coerce, force
fini - to finish
obeyi - to obey
fe - konfyans - to trust
console - to comfort
pati - to leave, depart
mouri - to die
fe-desen - to draw, sketch
bwe - to drink
tonbe - to drop, fall
mete abo - embark, load, board
atoure - to surround
ranfose - to enforce
ou - you, your
mwèn - I, me, my, mine
nou - us, our, you (plural)
Ii - him, her, his, hers