

Health Tips For Traveling In Uganda

Immunizations

Get them from your local doctor, or travel clinic. Yellow fever is a must, but tetanus, polio and diphtheria, hepatitis A and B, meningitis are something else to look at and whatever else your doctor sees on the list for Uganda.

Malaria Prevention

It is Malarone, doxycycline and or mefloquine (larium). These are the standard. Malarone being the best and most expensive, doxycycline makes some sensitive to the sun, mefloquine gives some of us nightmares. Start your regimen before you arrive in Uganda and follow directions.

Water

Don't drink the water (be careful brushing your teeth). Stay away from ice cubes and stick with one of the bottled waters.

Travelers Diarrhea

A most common ailment experienced by volunteers Just eat properly cooked food and if it is not hot send it back. Wash your hands before eating with soap and water. Stay away from foods that are raw such as salads and unpeeled fruit. Bring some Imodium and Ciproflaxin

which is an antibiotic and will help in extreme cases. Follow directions including instructions for getting fluids back into your dehydrated systems.

Insect Bites

Not only are there mosquitoes that infect you with malaria, but there are other insects that can cause havoc such as Tsetse flies. The best is to spray your body with insect repellent. Wearing loose cotton clothing and long sleeved shirts also help.

Sunburn

Easily acquired in Uganda, so get out the lotion and put it on thick and repeat. If your hair is thinning, wear a hat. Again, long sleeve shirts can give added protection.

Nick and Cuts

If left untreated nick and cuts can become the cause of infection. Clean the nick or cut and use an anti-septic cream.