

HENDRICKS PHARMACY

THE CLAREMONT VILLAGE PHARMACYSM

International Travel Health Clinic Newsletter

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Welcome Aboard!

Approximately 30 million Americans cross international borders each year, of which 19 million travel to developing countries.¹ An airport study surveying American travelers revealed only a minority sought pre-travel advice.² A majority of American travelers were traveling to malaria endemic countries and less than half of them were carrying antimalarial medications.² It is recommended by the World Health Organization (WHO) for every international traveler to seek pre-travel health advice from a travel health specialist at least 6-8 weeks prior to departure. As valued customers of our travel clinic, we would like to keep you updated on recent news and recommendations regarding travel health.

New Clinic Services

- **For returning travelers:** a brief review of your travel itinerary and history form can be done for lower cost (\$20).
- **For healthcare professionals:** utilize our drug information program to assist you for information on travel vaccines and medications.
- Contact the clinic for more information: (909) 624-1611

Recent Outbreaks

For information on recent outbreaks and travel alerts throughout the world, visit these websites:

- <http://wwwnc.cdc.gov/travel/>
- Promedmail.com
- http://www.istm.org/WebForms/NonIstmLinks/Outbreak_News.aspx

Disease Spotlight: Malaria³

Malaria is a parasitic disease transmitted through mosquito bites in many parts of the world. The highest risk of transmission occurs from dusk to dawn. Symptoms of malaria can range from flu-like symptoms (fevers, chills, fatigue, joint and/or muscle aches and pains, nausea/vomiting) to life-threatening organ damage. The best way to prevent malaria is to prevent mosquito bites. Application of insect repellent (i.e. 50% DEET, Picaridin) and insecticide on clothing (i.e. Permethrin) is the best way to prevent mosquito bites. Some areas have high risk for malaria transmission and medications may be needed. Individual itineraries should be discussed with a travel health specialist to assess risk and to determine the best precautionary measures.

Focus on Vaccines: Updated Recommendations⁴

Tetanus, diphtheria, and acellular pertussis (Tdap) aka *Whooping Cough* vaccine

- One-time dose of Tdap to adults aged less than 65 years who have not received Tdap previously or for whom vaccine status is unknown
- As soon as feasible to all 1) postpartum women, 2) close contacts of infants younger than age 12 months (e.g., grandparents and child-care providers), and 3) health-care personnel with direct patient contact
- **NEW!** Persons \geq 65 years with or without close contact with an infant $<$ 12 months
- **NEW!** Tdap can be given regardless of interval since the most recent Td-containing vaccine

Fact or Fiction?

1. Only dogs carry rabies.

FICTION: Although dogs are the primary source of rabies, many wildlife species, including bats, foxes, raccoons, skunks and mongooses can carry rabies as well.⁵

2. Taking aspirin before flying will prevent deep vein thrombosis (DVT).

FICTION: There is no strong evidence that show aspirin can prevent DVT. Ways to decrease risk include moving around every 1-2 hours, flexing the knees and ankles, staying well hydrated, avoiding alcohol and sedatives, wearing loose clothing, and using compression stockings.⁶

3. Avoiding brightly colored clothing and fragrances will help minimize mosquito bites.

FACT: Bright colors and fragrances attract mosquitoes. It is recommended to wear neutral colored clothing and to avoid application of fragrances (i.e. perfume/cologne, fragrant soaps/lotions).⁷

Quick Tips!

- When using sunscreen and insect repellent, apply the sunscreen before the insect repellent.⁸
- Always try to use bottled water when drinking, brushing teeth, making ice cubes, or washing fruits/vegetables.
- If bottled water is not available, boil water vigorously for 1-2 minutes to kill bacteria, viruses, and parasites.
- Bring your own medications. Up to 30% of medications sold in developing countries may be counterfeit.⁹

References

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Ask the Expert¹⁰

Q: Can I get HIV from mosquitoes?

No. There is no evidence that HIV can be transmitted by mosquitoes or other insects. Experiments have shown that when an insect bites a person, it does not inject its own blood or the blood of a previous person. Instead, the mosquito injects saliva which acts as a lubricant so the insect can feed efficiently. Mosquito-borne diseases (e.g. yellow fever, malaria) are transmitted through the mosquito's saliva. Also, studies have shown insects fly to a resting place to digest their meal and normally do not travel from person to person after ingesting blood. Finally, HIV can only live a short time and does not reproduce in insects. Thus, even if the virus enters a mosquito or another insect, the insect does not become infected and cannot transmit HIV to the next human it bites.

Have a question for Dr. Karl Hess? E-mail your question to: travel@hendrickspharmacy.com

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**137 N. Harvard Avenue
Claremont, CA 91711**

<http://www.hendrickspharmacy.com>

For more information or to request an appointment, contact the clinic at (909) 624-1611 or e-mail: Travel@HendricksPharmacy.com