



SENDING HOPE INTERNATIONAL

Trip Participant Medical Guidelines

Dear Sending Hope team member:

We are very excited to have you as a part of our team! We trust your experience with us will be a very profitable one and that God will use it in your life to draw you closer to Him!

In order to be prepared for your trip to Southeast Asia, we would recommend the following:

1. Be sure your tetanus shot is up to date.
2. Get immunizations for Hepatitis A and B
3. Get an immunization for typhoid

We would also recommend that you take the following medications with you:

1. Malaria medicine (There are several on the market – ask your doctor which one they recommend)
2. Cipro – this is an antibiotic that is useful in combating ‘Montezuma’s Revenge’
3. Some sort of aspirin or ibuprofen for headaches and minor muscle aches

Talk to your family doctor about other medications or immunizations that they might recommend. Sometimes you can get the immunizations cheaper at the local health department.

*NOTE – You must begin to get your immunizations **EARLY**. It would be good for you to get these immunizations 2-3 months before departure.

It is important that you take care of these immunizations and medications in order to have a healthy, safe experience on your mission trip with us. When you properly prepare yourself in these areas, you protect yourself from acquiring illnesses that could possibly hinder your activity on this mission trip. If you have any questions about medical preparation for your trip, please contact Dr. Atkins @ 330-464-2607.