

Vaccinations & Health Risks

East Africa is considered a generally healthy place to travel.

Our clients are members of the Flying Doctor Service for emergency evacuation.

You should carry your own complete travel medical insurance.

Please contact your doctor or specialised travel clinic for further advice.

Compulsory vaccinations: Yellow fever

Recommended vaccinations: Hepatitis A, typhoid, meningitis, polio, tetanus

Precautions: Malaria prophylaxis





GMC Medical Notes

Yellow Fever

- An up-to-date Yellow Fever vaccination card is needed if entering Tanzania, Kenya, or Rwanda from another African country (even transfers).
- If you entering Tanzania, even in transit, you are advised to carry a Yellow Fever card.
- Over '60's are exempt from Yellow Fever but you do need a medical letter confirming your exemption.

Malaria

- We cannot advise you not take malaria prophylactics.
- Statistically people on prophylactics have far less chance of getting malaria and very few die.
- There is no malaria in the Serengeti, Arusha or the Ngorongoro Crater Rim due to altitude.
- There's a small chance of malaria at Lake Manyara. It's a mild strain of malaria and we do not know of one cerebral case from Tanzania.
- Bring insect repellent. Note that no aerosols are allowed in aircraft.



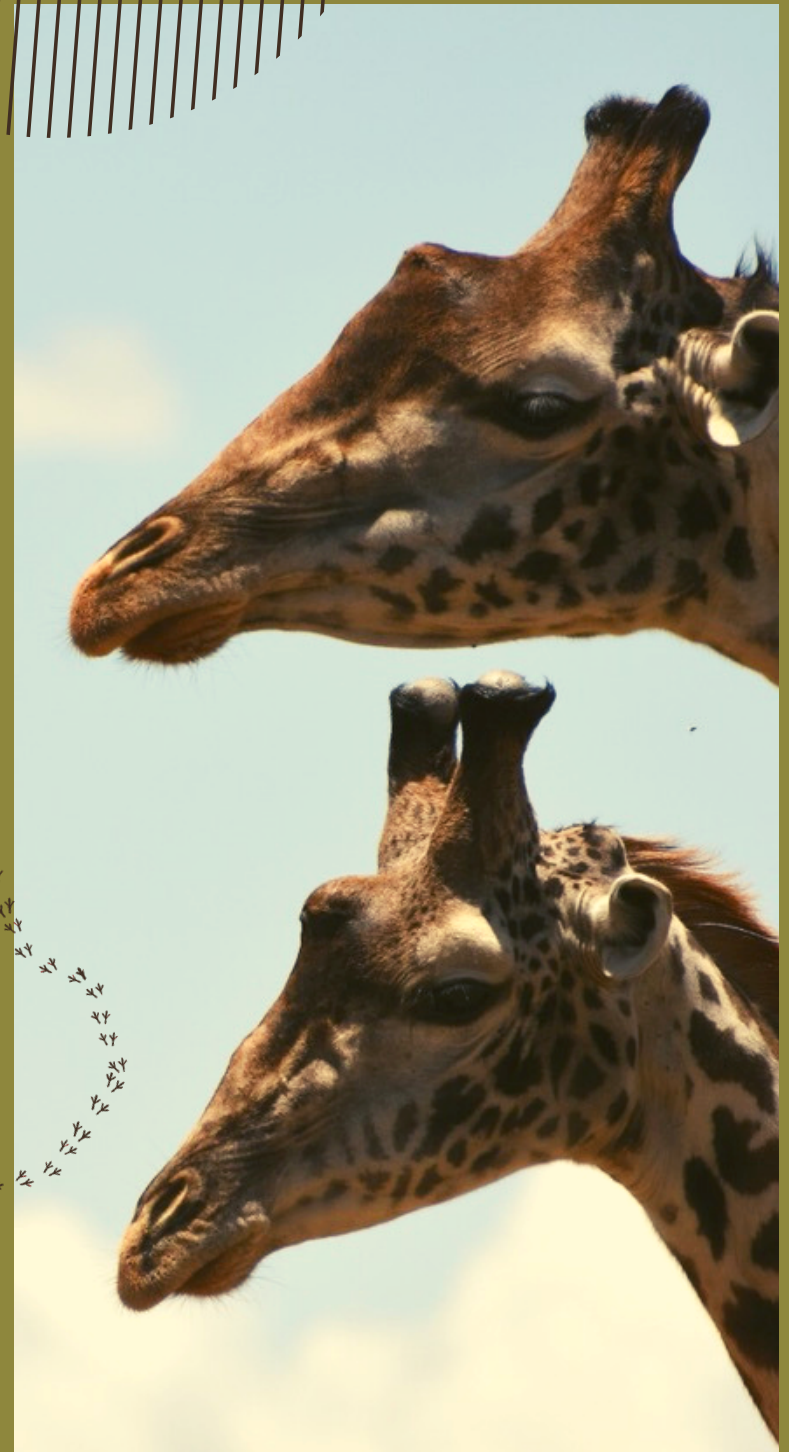
Medical Notes

MEDICAL EVACUATION

Great Migration Camps includes flying doctor emergency services which covers you for 30 days in East Africa. This medical evacuation gets you to the closest hospital that can treat your condition.

Your Medical Insurance or health care provider will pick up services at this point.

Notify your medical insurance that you will be away. They will note your travel arrangements, and provide you with appropriate paperwork, if something untoward should happen requiring medical attention. As soon as your condition is stable, decisions will be made to return you to your home country.





ANTI-DIARRHOEA

Personal Medical Kit

Bring any medication that you take regularly

Do NOT change any normal medication

Bring enough of your regular medication with you

Drink plenty of water & stay hydrated




**MULTI
PURPOSE
ANTI-
BIOTIC**



**PAIN
MEDICATION**

**Aspirin
Tylenol
Advil**

**Myprodol
Neruofen**



**ANTIBIOTIC
CREAM**

**BAND
AIDS**



**ANTI-HISTAMINE-
Cream
& tablets**



**ANTI-
FUNGAL
CREAM**