



The matter of preventive medicine and vaccines is a very delicate question to answer, please understand that we are not medically qualified to give advice on international health care. The best thing that to do is to consult a doctor.

We will try to give you a brief idea on some of the diseases you should be aware of, but please do not take our word as expert or final.

1. YELLOW FEVER

This is an extremely rare disease at Sacha Lodge, but it is one that you do not want to take chances with. Although we know of no cases ever having occurred among our visitors, yellow fever is potentially fatal so you should consider getting the vaccine.

* It is not mandatory to have this vaccination in order to visit Ecuador or Sacha Lodge.

2. HEPATITIS A

This is a very common disease in South America, and although you can completely recover from Hepatitis A, it is probably the easiest disease for a visitor to pick up. However, there is a vaccine available. Hepatitis B and C are much more dangerous strains, but they are transmitted in the same fashion(s) as AIDS so they are more difficult to catch.

3. TYPHOID

This can be a threat, especially if you eat fruits and vegetables that have not been well cleaned (a common "street food" disease). There is a vaccine available.

4. MALARIA

For a mosquito to pick up malaria, it must bite a person with the disease; since no one has malaria at or in the immediate vicinity of Sacha, the chances that one of our guests would get it there are very low. However, you will be passing through an area where the incidence of malaria is higher: Puerto Francisco de Orellana, or Coca. This is not a town where you will be lingering for very long, so again, the chances of picking it up are small.

However, there is a risk, so short-term visitors should consider taking preventive medication. As far as which prophylaxis to take, the best thing to do is ask a doctor.

You might also want to visit the website of the International Travel Health Consultants:

www.globaltraveler.com

