Hi Team,

Below are 2 charts. The first is the *Recommended vaccination information*and the second is *Routine vaccinations* you should have received as a child attending public school.  As nurses, you should already have Hep A & B, if not, you need to have that as initially stated on our conference calls. NWP, suggestions are to make sure you have an updated booster shot, flu vaccine, and your Hepatitis A & B. You may opt to have all the below and we suggest consulting with your doctor for further questions.

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| **Recommended Travel Vaccinations for South Africa** |
| **VACCINE** | **HOW DISEASE SPREADS** | **DETAILS** |
| [**Hepatitis A**](https://www.passporthealthusa.com/vaccinations/hepatitis-a/) | **Food & Water** | **Recommended for most travelers** |
| [**Hepatitis B**](https://www.passporthealthusa.com/vaccinations/hepatitis-b/) | **Blood & Body Fluids** | **Accelerated schedule available** |
| [**Typhoid**](https://www.passporthealthusa.com/vaccinations/typhoid/) | **Food & Water** | **Shot lasts 2 years. Oral vaccine lasts 5 years, must be able to swallow pills. Oral doses must be kept in refrigerator.** |
| [**Yellow Fever**](https://www.passporthealthusa.com/vaccinations/yellow-fever/) | **Mosquito** | **Required if traveling from a country with yellow fever transmission.** |
| [**Rabies**](https://www.passporthealthusa.com/vaccinations/rabies/) | **Saliva of Infected Animals** | **Vaccine recommended for certain travelers based on destination, activities and length of stay.** |

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| **Routine Vaccinations for South Africa** |
| **VACCINE** | **HOW DISEASE SPREADS** | **DETAILS** |
| [**Measles Mumps Rubella (MMR)**](https://www.passporthealthusa.com/vaccinations/measles-mumps-rubella-mmr/) | **Various Vectors** | **Given to anyone unvaccinated and/or born after 1957. One time adult booster recommended.** |
| [**TDAP (Tetanus, Diphtheria & Pertussis)**](https://www.passporthealthusa.com/vaccinations/tetanus-diphtheria-pertussis/) | **Wounds & Airborne** | **Only one adult booster of pertussis required.** |
| [**Chickenpox**](https://www.passporthealthusa.com/vaccinations/chickenpox/) | **Direct Contact & Airborne** | **Given to those unvaccinated that did not have chickenpox.** |
| [**Shingles**](https://www.passporthealthusa.com/vaccinations/shingles/) | **Direct Contact** | **Vaccine can still be given if you have had shingles.** |
| [**Pneumonia**](https://www.passporthealthusa.com/vaccinations/pneumonia/) | **Airborne** | **Two vaccines given seperately. All 65+ or immunocompromised should receive both.** |
| [**Influenza**](https://www.passporthealthusa.com/vaccinations/influenza-the-flu/) | **Airborne** | **Vaccine components change annually.** |
| [**Meningitis**](https://www.passporthealthusa.com/vaccinations/meningitis/) | **Airborne & Direct Contact** | **Given to anyone unvaccinated or at an increased risk, especially students.** |
| [**Polio**](https://www.passporthealthusa.com/vaccinations/polio/) | **Food & Water** | **Considered a routine vaccination for most travel itineraries. Single adult booster recommended.** |

