

Health Information for Travelers to Kenya

Vaccines and Medicines Required For This Mission Trip To Kenya

All travelers

Make sure you are up-to-date on routine vaccines before this trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Measles remains a common disease in many parts of the world. **In the United States, most measles cases result from international travel.** The disease is brought into the United States by people who get infected in other countries. Measles outbreaks can result when returning travelers spread the disease to people who have not been vaccinated and are not otherwise protected against measles.* Anyone who is not protected against measles is at risk of getting infected when he or she travels internationally.

Get the measles vaccine

- Adolescents and adults who have not had measles or have not been vaccinated should get 2 doses, separated by at least 28 days.
- Two doses of MMR (measles, mumps, and rubella) vaccine are nearly 100% effective at preventing measles.
- The only measles vaccines available in the United States are the measles-[mumps-rubella](#) (MMR) and the measles-mumps-rubella-varicella (MMRV) vaccines. MMR has been used safely and effectively since the 1970s. A few people experience mild, temporary, adverse reactions, such as joint pain, from the vaccine, but serious side effects are extremely rare. There is no link between MMR and autism.

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Hepatitis A

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Kenya, regardless of where you are eating or staying.

Typhoid

You can get typhoid through contaminated food or water in Kenya. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

Malaria

Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas. Areas of Kenya with risk of malaria: Present in all areas (including game parks) at altitudes <2,500 m (8,202 ft) including the city of Nairobi. You will need to take prescription medicine before, during, and after your trip to prevent malaria.

Suggested medicine - Malarone