

Peru Tour Health Information

The following includes information from the CDC with recommendations regarding health and safety for those travelling to Peru. We provide you with this information so that you are informed and can make decisions about receiving the vaccinations and/or prescriptions.

The incidence rates for Malaria and Yellow Fever are relatively low for the areas of Peru we will be in, though the chances are not zero. Prophylaxis for malaria (anti-malarial medication) and altitude sickness (acetazolamide/diamox being the most common) are usually readily available with a prescription. Yellow Fever vaccines can be harder to get and are only available at certain clinics/offices in the US.

We strongly recommend medication for altitude sickness as we will be traveling by air from 348 ft to 11,152 ft. Because of our rapid ascent to elevation and the high elevation compared to where we are now (Berrien Springs is approximately 700 ft), most participants find medication for altitude sickness helpful. There is no way to predict who will be affected, so we recommend the medication and following guidelines for reducing any sickness.

All travelers should plan to only consume bottled water as the water in Peru is known to cause intestinal issues, even for locals. Our travel agent will provide some water bottles, but participants should plan to purchase water along the way which are usually inexpensive.

We provide basic travel medical insurance for all participants and we travel with a local guide who is familiar with pharmacies and medical doctors if we should need them.

General Health & Safety Guidelines

- Pack any routine medications you take in their original, labeled container
- Over-the-counter medications may be different so it's a good idea to pack some general health care & medication such as painkillers, mild laxatives, antacid, decongestant, cold medication, aloe, bandaids, etc. in case you need them
- Choose safe foods and drinks
 - avoid lukewarm food (cold food should be cold and hot food should be hot)
 - dry or factory packaged foods are usually safe
 - avoid raw foods unless you can peel or wash them yourself with disinfected water
 - avoid street food
 - do not drink tapwater, brush your teeth with bottled water
 - avoid ice as it's likely made with tap water
 - carbonated drinks are often safest as its easy to tell if it has remained sealed
 - milk from sealed bottles is usually safe, avoid milk in open containers
 - avoid fountain drinks unless you're sure they use purified water
 - avoid fresh fruit juice freshly as it may not have been prepared in sanitary conditions
- Prevent bug bites
 - cover exposed skin
 - use insect repellent (deet has the best protection against both mosquitos and ticks)
 - sleep in screened room or under bed nets
 - avoid scratching bug bites and check for any ticks after outdoor activities
- Pack clothing appropriate to the weather conditions
- Use sunscreen, especially at higher altitudes
- Swim only in designated areas & avoid swallowing any water
- avoid touching animals that you do not know
- wash your hands often, especially before eating, and supplement with hand sanitizer (60% alcohol or higher) when washing isn't an option.
- avoid touching your face but especially your eyes, nose, and mouth
- cover your mouth and nose (but not with your hands) when you sneeze
- avoid sharing drinks
- be aware of your surroundings and avoid large crowds
- avoid wearing obviously expensive clothing and bags
- Take it easy at high altitudes - avoid running and other strenuous exercise
- Keep your valuables & documents in secure areas
- Include your name and contact information both on a luggage tag and inside your luggage in case it is lost

General Health Information for Travelers to Peru

*We have included the portions of the site which are relevant to the areas we visit, our activities, and the typical ages of our participants. For the complete site, please visit <https://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

Vaccines & Medicines

Diseases with vaccines	Recommendations
Routine Vaccines	Make sure routine vaccines before every trip.
COVID-19	Travelers should be up to date with their COVID-19 Vaccines
Hepatitis A	Recommended for all travelers not previously vaccinated
Malaria	Prophalaxis medication recommended
Measles	MMR Vaccine recommended for those not previously vaccinated
Yellow Fever	Recommended for travelers to the jungle

Diseases without vaccines	Recommendations
Leptospirosis	Avoid contaminated water
Chagas Disease	Prevent bug bites
Dengue & Zika	Avoid Mosquito Bites
Leishmaniasis	Avoid Sand Fly bites
Hantavirus	Avoid rodents

Travelling to High Altitudes

Altitude sickness occurs due to lower oxygen levels found at higher elevations, typically above about 8,000 feet. Symptoms may include headache, tiredness, lack of appetite, nausea, feeling out of breath. Most symptoms can be mitigated or alleviated by taking altitude sickness medication such as diamox, avoiding strenuous activity, drinking water, and treating symptoms (i.e. pain relievers for headache). Symptoms usually go away within a few days. There is no way to predict who will be affected by altitude sickness as age, health, fitness level etc. don't seem to play a role.

In some cases, the symptoms can become more severe. If this occurs we have contingencies and healthcare available which may include transferring back to lower elevations.