

## Recommended immunizations for CUBAR 2015 travel in Mexico

According to the CDC (Center for Disease Control in Atlanta, GA) it is recommended that all persons traveling ANYWHERE in Mexico be immunized against Hepatitis A virus (HAV), aka infectious hepatitis. This has been routine childhood immunization in the USA since 2005, so anyone born since then should have been immunized already. Such immunologic protection lasts 25 + years in adults and at least 15 years in children. The vaccine is given in two doses, 6 to 12 or 18 months apart (depending on the maker of the vaccine). A single dose will provide some protection, but the complete two doses is almost 100% preventative. Consult your primary care physician for more details and treatment. Consult the CDC website also.

No other immunization is recommended by the CDC for travel in Mexico as of mid September, 2015.

Cholera bacteria has been isolated from the drinking water in San Felipe! If visiting there, do not drink the water and do not bathe with the drinking water if you have an open wound of any kind. A member of SDYC developed life threatening sepsis from contamination of a superficial wound from this water! If bathing with fresh water there does enter a wound, irrigate the wound copiously with CLEAN water (bottled or water maker water from your boat). Consult a physician immediately if local signs of an infection develop (increasing redness, swelling, pain, drainage).

Marv Benson, MD

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