



Immunization and Medication Requirements

The immunizations below are requirements that have been compiled with the counsel of BetterMed Occupational Health Foreign Travel Clinic, in Richmond, VA, that specializes in overseas travel. It is the desire of Effective Ministries, Inc./LINK to help ensure that each team member has a safe and meaningful mission experience. As a ministry, we will not allow our team members to take the risk of traveling without the proper protection.

Each team member is required to fully comply with our health and immunization requirements. Our Effective Ministries office can give further information as to where each immunization and/or prescription can be obtained. Please be aware that your health insurance may only cover a limited amount of the cost of these immunizations and prescriptions.

IMPORTANT: All immunizations must be received one month prior to your departure to Niger to attain maximum protection.

This information is based on current in-country conditions and can change:

- 1) Tetanus (Td)**
- 2) Tetanus, Diphtheria, Pertussis (TDaP)**
- 3) Hepatitis A**
- 4) Hepatitis B**
- 5) Meningococcal**
- 6) Adult Polio Booster (for all travelers over the age of 18)**
- 7) Yellow Fever (required by the Nigerien government to enter the country)**
- 8) Typhoid**
- 9) Covid-19 Vaccine**

Malarone Prescription for Malaria (Due to side effects, LARIAM is NOT acceptable)

Azithromycin (Zithromax Z-Pac) Prescription for Traveler's Diarrhea and Sinus Infections

(OVER)

Required Immunizations	Date of Immunization or Prescription
Tetanus, Diphtheria (Td): Adult booster needed every 10 years.	
Tetanus, Diphtheria, Pertussis (TDaP): Adults who have never received TDaP should receive this vaccine once in their lifetime. After 10 years, will need to return to receiving Td boosters.	
<p>Hepatitis A: 2 doses needed. Immunity is achieved 2-4 weeks after the first dose. Second dose given 6 - 12 months after the first dose. Immunity remains valid for 20 years after the second dose.</p> <p style="text-align: right;">Hepatitis A - Dose 1</p> <p style="text-align: right;">Hepatitis A - Dose 2</p>	
<p>Hepatitis B: 3 doses needed. Second dose given at least 1 month after the first does. The third dose is given 6 months after the first dose. First and second dose offer complete protection and the third dose is to prolong protection.</p> <p style="text-align: right;">Hepatitis B - Dose 1</p> <p style="text-align: right;">Hepatitis B - Dose 2</p> <p style="text-align: right;">Hepatitis B - Dose 3</p>	
Polio (IPV): Childhood Polio vaccine series is required for all travelers PLUS 1 Adult Polio Booster for all travelers over the age of 18.	
<p>Meningococcal: for the <i>“meningitis belt”</i> of Africa</p> <p style="padding-left: 40px;">Option 1: Menactra - immunity for 8 years, for travelers under 55.</p> <p style="padding-left: 40px;">Option 2: Menomune - immunity for 3-5 years, for travelers over 55.</p>	
<p>Yellow Fever: VACCINE REQUIRED for entry into Niger with a Visa. Valid with certificate 10 days after receiving immunization, immunity & validity for LIFETIME. New and expired vaccine certificates must have the word “LIFETIME” written on the certificate and signed by a medical professional or supervising clinician.</p>	
<p>Typhoid</p> <p style="padding-left: 40px;">Option 1: Oral - 4 doses, taken over a period of 8 days, immunity for 5 years</p> <p style="padding-left: 40px;">Option 2: Injection - 1 dose, immunity for 2 years</p>	
<p>COVID-19 VACCINE:</p> <p style="text-align: right;">Dose 1:</p> <p style="text-align: right;">Dose 2:</p>	
Required Prescriptions	
<p>Malarone: Malaria Preventive Medication - All of Niger is at risk for malaria & a prescription for this is required. Due to side effects, Lariam (another malaria preventive medication) is NOT ALLOWED.</p>	
<p>Azithromycin (Zithromax Z-Pack): Medication for the treatment of traveler’s diarrhea and sinus infections. You will need (1) 250mg pack.</p>	
Suggested Immunizations	
<p>MMR (Measles, Mumps, Rubella): If you have not had these illnesses, or the vaccine series, you should highly consider immunization due to risk of exposure in Niger.</p>	
<p>Varicella (Chicken Pox): If you have not had this illness, or the vaccine, you should highly consider immunization due to risk of exposure in Niger.</p>	
<p>Flu Vaccine - Seasonal</p>	