



## HEALTH INFORMATION

Before leaving for Namibia, we suggest that you see your General Practitioner to obtain proper vaccinations and complete any dental treatment. After returning you should promptly see your doctor in case of fever, diarrhoea or rash.

*HIV/Aids infection* is widespread in Namibia: never engage in risky behaviours including touching potentially infected material without appropriate precautions.

### Preventive care

*Typhoid* and *hepatitis A and B* are endemic: prevention must be done with vaccination; vaccination against *tetanus* is also recommended.

The risk of *malaria* is present - from November to June - only in northern rural areas and in the Kavango and Kunene rivers valleys. If you plan to visit these areas you will need to take proper prophylaxis with you.

Vaccinations for *polio*, *diphtheria* and *rabies* are recommended to those heading in rural areas with poor hygienic level. It is up to your GP to advise about the prophylaxis for *meningitis*.

There is no risk of *yellow fever*: the government of Namibia requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever.

In case you have allergies or have experienced side effects to vaccines or intolerance to anti-malarial agents, you should inform your doctor.

### Water and food-borne diseases

*Diarrhoeal diseases* are frequent among travellers who do not take appropriate precautions. In addition to *typhoid* and *food-borne hepatitis*, *amebiasis* is common.

In case of mild diarrhoea, you should drink plenty of fluids; in more severe cases, you will have to consult a General Practitioner.

We recommend you to:

- ✓ eat only freshly cooked meal and carefully washed and peeled fresh fruit (do not eat fruit that you can not peel)
- ✓ do not consume foods and beverages purchased from street vendors, raw foods, fresh dairy products and ice;
- ✓ drink only bottled drinks
- ✓ wash hands before meals and after using the toilet

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#### Mammadù Trust

Frankfurt Street | Otjomuise | Windhoek | Namibia  
[agnes@mammadu.org](mailto:agnes@mammadu.org) | +264 (0) 813590608

## **First-Aid Kit**

- ✓ drugs against fever, diarrhoea and vomit
- ✓ antihistaminic gel or cream for rashes and insect bites
- ✓ sunscreen and anti-burn ointment
- ✓ mosquito repellent
- ✓ oral rehydration salts
- ✓ plasters, gauze, bandages, adhesive tape, cotton swabs and antiseptic wound cleanser
- ✓ scissors, tweezers, thermometer

### **Medical Disclaimer**

This document contains general information and is not advice and should not be treated as such. You must not rely on the information in this document as an alternative to medical advice from your doctor or other professional healthcare provider.