

AFRICOM Medical Travel Checklist

A. Immunizations: use the below DHA website to review specific immunization requirements:

[Vaccine Recommendations by AOR | Health.mil](#)

- i. “DoD Required” immunizations are required for **all** Fellows, not just AD Military.
 - Required Immunizations:
 - COVID-19 + at least 1 booster (required for Morocco)
 - Hepatitis A
 - Hepatitis B
 - Influenza
 - MMR
 - **Meningococcal** (boost required every 5 years)
 - Polio
 - Tdap or Td (boost required every 10 years)
 - **Typhoid** (boost required every 2 years)
 - Varicella
 - **Yellow Fever**
- ii. Obtain laboratory proof of immunization (“titers”) for MMR, and Chickenpox (Varicella) if you have not received the vaccinations. If the results are “negative” or “equivocal” re-immunize prior to travel.
- iii. **MANDATORY:** Bring your COVID-19 Vaccination Card.
- iv. **MANDATORY:** You must have your home station Immunization Clinic create a yellow shot card (“International Certificate of Vaccination or Prophylaxis” – CDC 731) with a full listing of the required immunizations.

B. Health Assessments/Medication Requirements:

- i. Meet with your local travel health office for travel medicine counseling and sleep medications as required.
- ii. **MANDATORY:** Malaria Chemoprophylaxis
- iii. **MANDATORY:** Several countries we are visiting have a high risk of Travelers’ Diarrhea. Medications for self-treatment should be obtained from your home station medical team.
- iv. For any chronic medical conditions (e.g., requiring daily medications or specialty care requirements), obtain medical clearance to travel from your primary care manager. Bring a minimum of 10-week supply of all prescription medications.

C. Other Considerations:

- i. Bring sunscreen (SPF 30+), insect repellent (30-50% DEET, 20% Picaridin, IR3535) as well as appropriate travel clothing for outdoor events.
- ii. Travel between locations may include vehicles, buses, and fixed/rotary wing aircraft. If you are susceptible to motion sickness, bring medication to assist with symptoms (scopolamine, dimenhydrinate (Dramamine), or meclizine).