



Vaccinations / Health Care

- You should be up-to-date on routine **vaccinations**:
 - ✦ Tetanus - Diphtheria
 - ✦ Measles / Mumps / Rubella
 - ✦ Hepatitis A
 - ✦ Hepatitis B
- If you stay in Bogotá, that is all that is required. If you travel to lower elevations (Amazon basin, coastal areas, etc.), you may want to investigate **insect protection** measures, vaccinations, treatments or medicine for the following:
 - ✦ Malaria
 - ✦ Typhoid Fever
 - ✦ Yellow Fever
- Bogotá is 8,612 feet above sea level so some are affected by the high **altitude**, experiencing headaches, nausea, dizziness and lower energy levels for a while. To help counter that, drink plenty of fluids and keep your activity level fairly low the first 2 weeks. Being close to the equator the sun is strong; wear **sun block** outdoors.
- Diarrhea is the most common travel-related ailment, with food and water precautions essential to prevention. Be wise about eating **food** that may not have been prepared, kept or served carefully.
- Tap **water** in Bogotá is usually considered safe and most residents (locals and foreigners) drink tap water regularly, though filters are common in many households. If you travel outside of Bogotá, stick to bottled, boiled or treated water. If you are coming for a short time, changes in water can affect you so you may want to “play it safe” and only use bottled, boiled or treated water, even in Bogotá.
- Bring adequate supplies of **medications** in their original containers, clearly labeled.
- Good **medical care** is available in major cities; it may be hard to find in rural areas.
- Make sure your health **insurance** covers you for medical expenses abroad. If not, supplemental insurance for overseas coverage, including possible evacuation, should be seriously considered. Bring your insurance card, claim forms, and any other relevant insurance documents. Before departure, determine whether your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures. Most doctors and hospitals will expect payment in cash before treatment, regardless of whether you have travel health insurance.
- We provide **Colombian health insurance** to our missionary staff. We will set up an appointment for you within your first weeks here.
- This site has detailed information about health issues for travel to Colombia:
<http://wwwnc.cdc.gov/travel/destinations/colombia.htm>.