**RECOMMENDED VACCINES FOR FELLOWS**

* CRS pays for *travel* vaccinations [recommended by the CDC](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdestinations%2Ftraveler%2Fnone%2Fuganda&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976297430%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=a1sUIDV6PY7k8NVNd7%2BoAahZY99Sjumd6Cy4bqL5X2k%3D&reserved=0) for fellows to Uganda; however, fellows are responsible for *routine* vaccines & flu shots. **Keep all receipts.**
* CRS does not give medical advice; fellows should consult a doctor and [CDC](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdestinations%2Ftraveler%2Fnone%2Fuganda&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976307384%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=VTRAEsvJKRURUFkZmeP2muG3xvLt8A4%2BQN%2B6oqVvghQ%3D&reserved=0). We’ve outlined below some guidance based on our experience working with Farmer-to Farmer volunteers for the past 8 years.
* Note: Uganda requires **proof of the Yellow Fever shot** to exit the airport.

**Reimbursable w/receipt:**

* [Travel vaccines](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdestinations%2Ftraveler%2Fnone%2Fuganda&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976297430%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=a1sUIDV6PY7k8NVNd7%2BoAahZY99Sjumd6Cy4bqL5X2k%3D&reserved=0)
* Malaria pills, when recommended
* Travel checkup fee

**Non reimbursable:**

* **Routine** vaccines (MMR, chickenpox, polio, tetanus, flu, etc.)
* Medical supplies (bed nets, water filters, etc.)
* Personal medications, annual physical fee

**CDC Vaccines and Medicines**

| **Vaccines for disease** | **Recommendations** | **CRS Guidance** |
| --- | --- | --- |
| [Routine vaccines](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fpage%2Froutine-vaccines&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976207822%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=bDLPkWD8n8plGecio4rmPmerQHbUwGi%2BhRDLqQ9a4bI%3D&reserved=0) | Make sure you are up to date on all routine vaccines before every trip. Some of these vaccines include   * Chickenpox (Varicella) * Diphtheria-Tetanus-Pertussis * Flu (influenza) * Measles-Mumps-Rubella (MMR) * Polio | Yes, recommended. However, these are routine vaccines CRS doesn’t cover this. |
| [COVID-19](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fcovid19&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976217780%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=jJpvWUX0KO5lGHpExx6NuqCLWOM74Qm8Gb0i9ocmJ0A%3D&reserved=0) | Everyone 16 years of age and older should get [fully vaccinated](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ffully-vaccinated.html&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976217780%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AefmNj%2FVcrTY0sqRkoXRq7w4Ks1BMU02pTXD3tUYzQ8%3D&reserved=0) for COVID-19 before travel. | Yes, recommended. CRS will cover this. |
| [Cholera](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fcholera&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976227735%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=WfjYtC4F8FD8EykLCD6y5gbd9D9p8Q5DRvkTTje9fjg%3D&reserved=0) | Vaccination may be considered for adults who are traveling to areas of active cholera transmission. Areas of active cholera transmission are [localized](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fnews-announcements%2Fcholera-vaccine-for-travelers&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976227735%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=9OibQnFzOyWb2la4LvZpo5%2FlKgl7Ycm17CW3gIRXrg4%3D&reserved=0) to the Northern region in Uganda. Cholera is rare in travelers but can be severe. [Certain factors](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcholera%2Finfection-sources.html&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976237690%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=NSYyxfY7eF3GWnshnLCXcvWzCQzlhgLeTKRk5JL9SuQ%3D&reserved=0) may increase the risk of getting cholera or having severe disease ([more information](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fcholera&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976237690%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xtGrJSopusAGeKnxGN1kmiZfAiF0Y7tNGEeI02sBSOU%3D&reserved=0)). Avoiding unsafe food and water and washing your hands can also help prevent cholera. | Cholera is not an issue in Uganda currently. Fellows can easily avoid contracting Cholera through strict hygiene measures. |
| [Hepatitis A](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fhepatitis-a&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976247651%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=05Og4YYoGzWPxN0EczAH2oBBJwSDjyqVhm7Lao3YvCI%3D&reserved=0) | Recommended for unvaccinated travelers one year old or older going to Uganda.  Infants 6 to 11 months old should also be vaccinated against Hepatitis A. The dose does not count toward the routine 2-dose series.  Travelers allergic to a vaccine component or who are younger than 6 months should receive a single dose of immune globulin, which provides effective protection for up to 2 months depending on dosage given.  Unvaccinated travelers who are over 40 years old, immunocompromised, or have chronic medical conditions planning to depart to a risk area in less than 2 weeks should get the initial dose of vaccine and at the same appointment receive immune globulin. | Up to the fellow’s discretion and physician recommendation |
| [Hepatitis B](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fhepatitis-b&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976247651%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=uLiywyZI%2B7ts62GMez1qrDZTHPNSkIwtcWcFicoglFE%3D&reserved=0) | Recommended for unvaccinated travelers of all ages to Uganda. | Hep B is highly recommended for travelers to Uganda.  Fellows can opt to take the vaccine in Uganda post arrival in country. |
| [Malaria](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fmalaria&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976257603%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=mbaDvyT%2F7Mns4xbqsnZF8fFv2zUX39gne4k%2BWN5Ubrc%3D&reserved=0) | CDC recommends that travelers going to Uganda take prescription medicine to prevent malaria. Depending on the medicine you take, you will need to start taking this medicine multiple days before your trip, as well as during and after your trip. Talk to your doctor about which malaria medication you should take.  Find [country-specific information](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fyellowbook%2F2020%2Fpreparing-international-travelers%2Fyellow-fever-vaccine-and-malaria-prophylaxis-information-by-country%2F&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976257603%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=dnYxlNaFTXpU%2FOv4uprXMZVyDVQAMjvg82qZ3Eg2Tw4%3D&reserved=0) about malaria. | Recommend, refills can be made in Uganda, Fellows can carry only what’s enough for the first three months. |
| [Measles](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fmeasles&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976267560%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=3HxZjqQ8t7bBtht%2BwS0iyHpQNBPy9v4my20y393RF2w%3D&reserved=0) | Infants 6 to 11 months old traveling internationally should get 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as part of the routine childhood vaccination series. | This is a routine vaccine and not covered |
| [Meningitis (Meningococcal disease)](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fmeningococcal-disease&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976267560%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZOzl6qqqo%2BXqpAcy6f1G0yTh5Bkuv%2FNjFsIOaU66%2B2U%3D&reserved=0) | Recommended for travelers 2 months old or older traveling to Uganda during the dry season (December to June). | This is a routine vaccine and not covered |
| [Rabies](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Frabies&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976277517%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=YgMjx5cX9E10YWtKwXHQSHqWltjAYv6M6tNO1VgUwqI%3D&reserved=0) | Rabid dogs are commonly found in Uganda. If you are bitten or scratched by a dog or other mammal while in Uganda, there may be limited or no rabies treatment available.  Consider rabies vaccination before your trip if your activities mean you will be around dogs or wildlife.  Travelers more likely to encounter rabid animals include   * Campers, adventure travelers, or cave explorers (spelunkers) * Veterinarians, animal handlers, field biologists, or laboratory workers handling animal specimens * Visitors to rural areas   Since children are more likely to be bitten or scratched by a dog or other animals, consider rabies vaccination for children traveling to Uganda. | Recommended for all fellows since they will be in rural areas. Fellows can receive the vaccination while in Uganda if it is unavailable in their location or at a much higher cost than usual. |
| [Typhoid](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Ftyphoid&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976277517%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2B0zVKLD0d9yTDGOuhaSLYyxEpHImHlqUohSBIoJSMzc%3D&reserved=0) | Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas. | Up to the fellow’s discretion and physician recommendation |
| [Yellow Fever](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fdiseases%2Fyellow-fever&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976287472%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=r8LELiGoJaan5PIt2%2B1ZQ0%2BhHh0cdO%2FyGjOZcudV114%3D&reserved=0) | Required for arriving travelers from all countries if traveler is ≥1 year of age.[1](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwwwnc.cdc.gov%2Ftravel%2Fyellowbook%2F2018%2Finfectious-diseases-related-to-travel%2Fyellow-fever-malaria-information-by-country%23footnotes&data=04%7C01%7Cpriyanka.subba%40crs.org%7C50c4af6a3bdb4a979f0a08d9112883b6%7Cb80c308cd08d4b07915c11a92d9cc6bd%7C0%7C0%7C637559687976287472%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=lTI%2F1BArzSUEz%2F1LuqpJL2nXRxxPDQqiPoPC%2Bek2obU%3D&reserved=0)  ***Recommended*** for all travelers ≥9 months of age. | Required for visa and work permit |