

## GENERAL HEALTH AND VACCINATIONS



It is expected that all volunteers have their own health insurance. Vaccinations are not typically required to enter Zimbabwe, however this can vary depending on your travel path. If you plan to travel before or after your volunteer programme, we recommend carrying out independent research and talking to a travel doctor about the required vaccinations. Please see below our list of recommended vaccinations.

On the off chance that you fall sick and need a doctor's attention, Nakavango has access to an emergency medical service. There are good and reputable hospitals where you can be treated. It is important to note that in the unlikely event you require medical care, doctors and hospitals require immediate payment. Although you will be covered by your travel insurance, it is recommended to take a credit card or US\$250 cash to cover any unforeseen medical care. This can be claimed from your travel insurance provider upon your return home.

It is important that you discuss your trip with a travel doctor – ideally four to six weeks prior to your departure from home. You may wish to get vaccinations or prophylactics against some illnesses. Please see the list below as a guide on those to discuss with your doctor.

### **Recommended vaccinations and prophylactics for Victoria Falls are as follows:**

- ✓ Polio
- ✓ Hepatitis A
- ✓ Hepatitis B
- ✓ Diphtheria/tetanus
- ✓ Typhoid
- ✓ Rabies
- ✓ Yellow fever (required for entry in many African nations)
- ✓ Malaria (please consult your doctor about how to prevent malaria while traveling)