



# **GCA Mexico**

# **Mission Trip**

# **2026**

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# Overview

**01 Travellers Diarrhea**

**02 Hepatitis A**

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Diseases**

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# 01

## Travelers **Diarrhea**



# Travelers Diarrhea

- #1 travel related illness
- Mexico is country with moderate risk
- Symptoms last 3-5 days on average but some cases can be longer than 1 week
- > 80% of cases are due to E.Coli bacteria, rest are parasites & viruses
- Affects up to 60% of travelers

# Prevention of Traveler's Diarrhea

- Non-drug measures – food & water precautions
- Probiotics
- Dukoral: vaccine against E.Coli offers about 50% protection
  - Oral vaccine: 1 dose taken 2 weeks prior, 2nd dose taken 1 week prior
  - If already had this vaccine within past 5 years, only need 1 booster dose 1 week prior
- Affects up to 60% of travelers





# Treatment of Traveler's Diarrhea

- Oral Rehydration
- Imodium: controversial if should be used or not
- Antibiotics: Azithromycin - 2 tablets once daily for 1-3 days  
: reduces duration of diarrhea if bacterial cause

An abstract graphic on the left side of the slide, featuring several organic, blob-like shapes in red and green. A large red shape is centrally located, with a green outline. Other smaller red and green shapes are scattered around it, some overlapping. The background is white.

# 02

## **Hepatitis A**

# Hepatitis A



- Viral disease causing fever, abdominal discomfort, malaise, and jaundice lasting up to 2 months but can last up to 9 months.
- Can cause inflammation and dysfunction of the liver which worsens with age
- Spread primarily through contaminated food and water
- Moderate to high risk in developing countries



# Hepatitis A Prevention

- Hepatitis A vaccine: Havrix or Avaxim
- Highly effective after 1 dose, however booster within 6-12 months provides immunity for approximately 25 years
- Not offered through routine childhood vaccines in Alberta
- Minimal side effects, usually just a sore arm at injection site



03

**Typhoid**

# Typhoid

- Bacterial (salmonella) infection transmitted via contaminated food and drinks
- Symptoms: fever, abdominal pain, fatigue & headache
- 20% case fatality if left untreated
- Mexico listed as one of the countries with high incidence

# Typhoid Prevention

- Typhoid vaccine: Typhim
- Not offered through routine childhood vaccines in Alberta
- Injection must be given at least 2 weeks prior to the trip
- Provides immunity for 3 years
- Side effects are usually just injection site reactions of sore arm



04

**Tetanus**



# Tetanus

- Transmitted through contamination of a wound by bacterial spores
- Prevalent in developing countries
- Vaccine is offered as part of routine publicly funded vaccination schedule in Alberta
- Boosters are required every 10 years

05

# Mosquito Borne Diseases



# Mosquito Borne Diseases

- Zika, Chikungunya, Dengue fever
- All contracted by Aedes mosquito which bites during the day with peak biting during the first 2-3 hours after dawn & mid to late afternoon
- Symptoms include fever, fatigue, headache, rash & joint pain
- Usually able to recover in 1-2 weeks without serious complications

# Prevention of Mosquito borne Diseases

- No vaccines available
- DEET containing products: 20% DEET lasts 1-3 hours, 30% lasts up to 6 hours
- Cover up with long, loose, light coloured clothing during peak biting times
- Avoid having containers with open stagnant water around
- Always apply insect repellants after sunscreen as effectiveness of repellents reduces more rapidly than sunscreen



06

# **Recommendations**



# Recommendations



## Hepatitis A vaccine

Can be administered 1 day  
prior



## Typhoid Vaccine

Must administer 2 weeks  
prior



## Dukoral &/Antibiotic

Must start Dukoral 2 weeks  
prior to trip



## Tetanus Booster

If not up to date



## Mosquito Repellant

DEET 20-30%



## Sunscreen

# What is the cost?



**Hepatitis A**

**\$73**



**Typhim**

**\$45**



**Tetanus**

**\$58**



**Dukoral**

**\$126**



**Azithromycin**

**\$20**

The background is white with several abstract organic shapes in red and green. At the top center is a large red shape with a green outline. To its right is a green oval. Below the top shape is a red heart-like shape on the left and a green oval on the right. At the bottom center is a green shape with a red outline, and to its left is a small red dot and a green oval.

Questions?



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