# GCA Mexico Mission Trip 2026

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#### **Overview**

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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





# **Hepatitis A**

- Viral disease causing fever, abdominal discomfort, mand 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





# **Typhoid**

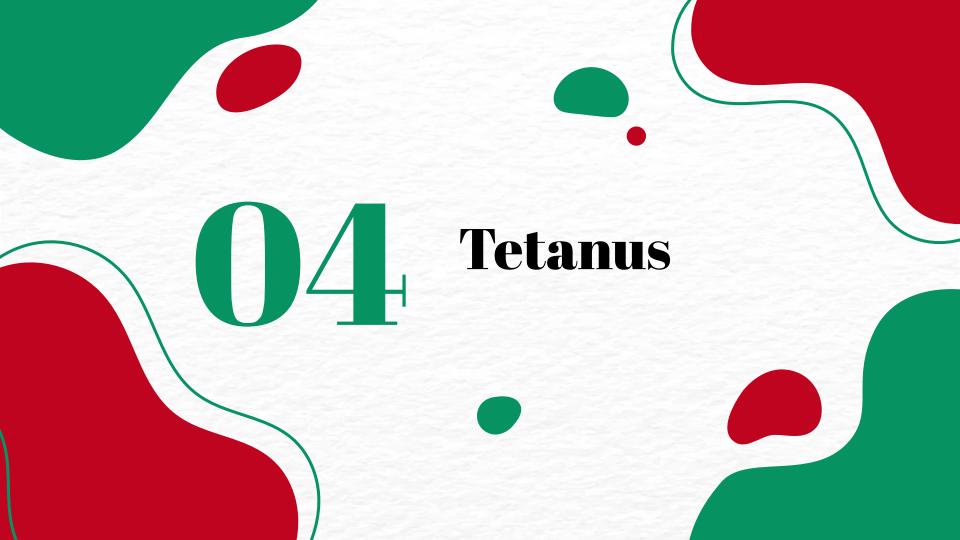
- Bacterial (salmonella) infection transmitted via contaminated food and drinks
- Symptoms: fever, abdominal pain, fatigue & headache
- 20% case fatality if left untreated
- Mexico listed as one of the countries with high incidence



# **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

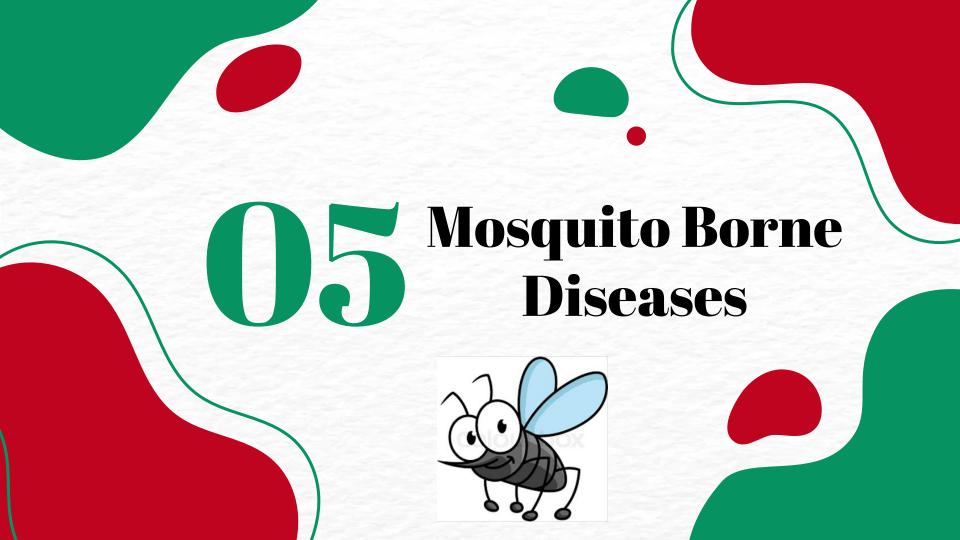




#### **Tetanus**

- 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





#### **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



#### Recommendations



#### Hepatitis A vaccine

Can be administered 1 day prior



**Tetanus Booster** 

If not up to date



#### **Typhoid Vaccine**

Must administer 2 weeks prior



Mosquito Repellant

**DEET 20-30%** 



#### **Dukoral** & / Antibiotic

Must start Dukoral 2 weeks prior to trip



Sunscreen

#### What is the cost?





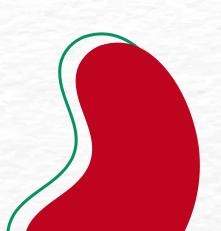




Tetanus \$58











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