

Health Hints

Generally speaking, no special vaccinations or inoculations are required coming into South Africa but check before leaving home in case you are coming from a high risk area. Malaria is prevalent in some parts of the country particularly where hunters are likely to go. Your professional hunter will advise you when to take prophylactics. Tap water is safe throughout the country but some visitors prefer to drink bottled mineral water. The South African sun can be vicious and it is advised to wear a hat and sun block at all times. During our winter months (May-August) you will hardly see any bugs. All of the plains game hunting on our package deals take place in regions within South Africa that are malaria free. Some of the dangerous game hunts can take place in malaria regions in which case it is recommended that the required precautions be taken. Depending on the area where you will hunt, obtain a prescription from your physician for Malaria prevention treatment prior to the start of your safari. Please note that only some areas are Malaria risk zones. Most animals (Grey Reebuck, Waterbuck, Sable, Roan, Tsessebe, Oribi, Gemsbok, Giraffe, Black wildebeest, Springbok, Blesbuck, Red Hartebeest, Zebra, Steenbuck, Duiker, Blue Wildebeest, Eland, Kudu, Impala, Mountain Reedbuck, Common Reedbuck, Bushbuck, Warthog, etc.) are hunted in Malaria free areas and therefore no special precautions are needed. In the unlikely event that you do become ill for any reason, we have suitable qualified doctors for any treatment/medication needed. It is recommended that you purchase health insurance before leaving your country of origin. Medical facilities throughout South Africa are excellent (Public and private healthcare is available.)

Precautions

We recommend that you take out travel and medical insurance prior to departure of your safari.

Proper healthcare is never far away but care should be taken in having the necessary **vaccinations**.

NEVER GIVE YOUR MALARIA MEDICINE AWAY! TAKE IT ALL. Listen up and heed the water and malaria warnings! Sunday is pill day! Start taking it before you go. If you get home and get ill with flu like symptoms make sure your doctor tests you for malaria.

Malaria medication should be started ahead of time, (please consult your physician or pharmacist). Carry in your hand luggage. Northern Province, Kwa-Zulu Natal and Mpumalanga in South Africa, Zambia and Zimbabwe are susceptible to malaria.

Insect repellants in these areas are advisable.

If you use chronic medication, have sufficient medication dispensed to last the trip, and carry it in your hand luggage.

Benadryl tablets and cream. Zinc Ointment. **Aspirin. Drixoral . Aleve** , great for bad necks, back pain etc. **Q Vel** (for muscle cramps).

Surfak (stool softener). **Imodium** AD (anti diarrhea). Preparation H. Mylanta II (heartburn & indigestion)

Wash & Dry Moist Towelettes .

Spenco Blister Gel Kit. Foot powder. Corn cushions . **(If you can not walk you can not hunt.)**

Ace bandage. Q tips. Tweezers. Kleenex tissue packs. Sunscreen. Bactine Hydrocortisone. Mentholatum. **Eyewash**, Band-Aids (all sizes & shapes), eye patches, **Iodine & Iodine swabs , Ambesol** (toothache), nasal spray, **cough drops** (no noise in the leopard blind), Unscented liquid soap for body, hair & clothing if needed.

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