

Pre- Departure medical checklist

Getting ready for your travel to Ghana? Here is a list of useful tips that could assist you during your pre- planning stages

- + Do you know which vaccines are recommended or required for your travel to Ghana? Are you familiar with the latest requirements for Yellow Fever Vaccination and what to do in case you need to travel with an immature Yellow Fever vaccine certificate?**

Ensure your current *routine vaccine status* is up- to- date. This is the time to get familiar with the latest *recommendations and requirements* with regards to recommended and routine vaccines for Ghana. (Remember that some vaccines need to be given on a repeated basis on pre- determined intervals before becoming effective and also keep in mind that you need to allow ample time for your immune system to build- up an adequate antibody response to guarantee sufficient protection)

Ensure to receive your *Yellow Fever Vaccination* at least 10 days prior to departure. A certificate issued less than 10 days before arrival is counted as immature and Ghana Port Health Authorities will record any traveler for contact tracing.

- + Did you get familiar with your options on anti-malaria medication and preventative measures?**

We recommend that you think about available choices as soon as possible. Consider adequate options for children, too. Taking *anti-malaria medication* in conjunction with the best practices on preventative measures is one of the safest ways to prevent getting infected with Malaria. Remember to start your medication in time before departure. This will allow for an adequate protection and also allows you to identify any possible side effects well in advance. For first time users of anti- malaria medication we recommend to start around 5 days before departure. This will allow enough time to switch to a different medication should you experience intolerable side effects to your first choice.

Pre- Departure medical checklist

Insecticide treated mosquito nets can be easily obtained in Ghana for a very affordable fee and usually come with either hooks or ropes for easy installation. There are several sizes available.

+ Are you up- to- date on current health alerts and recent disease outbreaks for Ghana?

Subscribe to our newsletter and receive the latest information on emerging health threats for Ghana or check the *travel alert website* of your consular department for any recent outbreaks.

+ Does the Government of your home country know how to reach you in Ghana in case of a serious threat that requires emergency repatriation of its citizens?

Register in the *crisis list* of your consular department. This service is available online through your country's consular department website. Registering is free of charge, fast and easy and will enable your home country to reach out to you in case of an emergency and to get in touch with your family at home should you require any form of assistance.

+ Do you know who to contact in case of an emergency?

Make a list of essential *emergency contact numbers* and carry it in your wallet. We recommended having at least a copy of the following contacts with you at all times:

- Travel health insurance providers
- Safe healthcare providers in Ghana
- Ambulance service providers
- Police station contacts in Ghana
- Persons to be contacted in case of an emergency
- Consular department contact of your home country

Pre- Departure medical checklist

+ Are you familiar about which services are covered under your travel health insurance package?

Don't underestimate the importance of a good *international travel health insurance*. Take your time to read the fine print and understand what services are covered and which ones are not. Check for adequate coverage for medical evacuations, repatriation and coverage of an additional accompanying adult in case of emergency. If you are a pregnant traveler, a senior traveler or have a known chronic condition, clarify whether there are any limits for your coverage or whether you would require a top- up on your standard insurance package. Get to know the procedures that you need to follow to submit a claim and in which timely manner and *always carry a copy of the insurance documents in your wallet*.

+ Do you know about traveling requirements and border entry with prescription medication?

If you are taking *prescription medication* on a regular basis, ensure you have enough supply with you for the duration of the trip and a little more for emergencies. (*Tip: Long-term travelers with a Gold Membership can get in touch to enquire availability of prescription medication in Ghana, pricing and more*). All medication should be carried in the on-board luggage and must be in its original packaging and clearly labeled. Carry a copy of your prescription for all medications you take. If you are taking any medication that is classified as narcotic drug, or you require syringes and needles, such as for insulin application, ensure you have an accompanying letter from your physician with you outlining the need for the medication or supply.

If you are suffering from specific medical conditions, such as Diabetes, or you are taking blood thinning medication, ensure you carry a note with you or wear an appropriate bracelet that will identify your condition easily. In case you are suffering from severe allergies, ensure you have an Epinephrine auto- injector (e.g. EpiPen) with you.

Pre- Departure medical checklist

+ Did you think of your prescription glasses or contact lenses?

If you are wearing *prescription glasses or contact lenses*, carry a copy of your last prescription with you. If you have an extra set of prescription classes, you can carry those along as well. Though available in Ghana, contact lenses and supplies are not too common yet. To avoid frustrations carry an ample supply of contact lenses and cleaning solutions with you.

+ Do you think of bringing your own medical kit with you, but are not too sure what to include?

Here are a few suggestions for a *personal medical kit* that could come in handy, based on common ailments that you might encounter during your stay in Ghana. Check with your local pharmacy, which is usually very helpful to stock up any standard first aid kits with over the counter medication.

- Pain/ Fever Medication
- Anti- Diarrheal Medication
- Anti- Nausea Medication
- Anti- Spasmodic Medication (for abdominal cramps)
- Allergy Relief
- Decongestant Nasal Drops
- Throat Lozenges
- Cough Syrup
- Topical Antibiotic Creams
- Antacid Suspension
- Cream for Insect Bites
- Antifungal Cream
- Oral Rehydration Solution sachets
- Teething Gel for young infants (Sometimes it is difficult to obtain products in Ghana without Acetyl Salicylic Acid)
- Insect Repellents (preferably containing 30- 50% DEET). (Ensure you carry enough age appropriate supply for small children with you. It is sometimes difficult to get insecticides for small children in Ghana)
- Prescription Medication (Hypertension Drugs, Contraceptive Pill, Asthma Drugs)
- EpiPen (if you are a known allergic person)

Pre- Departure medical checklist

- Inhalers or other Asthma Medication
- Fever thermometer
- Band-Aids in various sizes
- Cotton wool or gauze swabs
- Antiseptique Tincture
- Bandage Scissors, Splinter Forceps
- Sterile bandages
- Adhesive Tape
- Gloves
- Cold/ Hot pack (for minor bruises)
- Hand sanitizer or antiseptic wipes
- Sunscreen (Ensure you have an adequate supply with you. Sunscreens are available in Ghana but often times much more expensive when bought locally)
- Anti- malaria medication

Note that: Ghana's Hospitals and Clinics are using disposable syringes and needles, so there is no need to take these along.

If you require any further information, kindly get in touch with us through

our email info@pmcghana.com

Or call or send us a WhatsApp message through our phone number (+233) 20 928 0215.

**We hope that you have found this list to be helpful during your pre- travel planning stage.
We would love to hear from you which other points we should include in future versions.**

- ❖ **What would you have liked to see listed here?**
- ❖ **What did you miss in this list that should have been included?**