


While in Haiti

Pack basic supplies, including:

- Food and water sufficient for the length of your stay.
- Soap and an alcohol-based hand cleaner (containing at least 60% alcohol)
- Insect protection: insect repellent (containing deet) and a bed net.
- Medications: [antimalarial pills](#), medications for the treatment of [travelers' diarrhea](#) (e.g., loperamide and an antibiotic), personal prescriptions (including extras), any preferred over-the-counter medications, and copies of all your prescriptions.
- An extra set of prescription eyeglasses and/or contacts.
- Water purification tablets (iodine or chlorine), bleach, or a water purifier.
- Persons with pre-existing health conditions should consider wearing an alert-bracelet and make sure this information is on a contact card in their wallet or travel documents. A contact card should include the following information:
 - Name and contact information of U.S. family member or close contact.
 - Name and contact information of U.S. health-care provider.
 - Pre-existing health conditions and treatment.
- [Personal protective equipment \(PPE\)](#): (PDF)  safety glasses or goggles, work boots, leather gloves for physical labor, rubber gloves for handling blood or body fluids, surgical masks, hard hat, ear plugs, N-95 respirators for those who are fit-tested.
- Due to severe damage to health facilities and shortages of medical supplies, carry a first aid kit for your own protection. Minimum suggested contents:
 - Bandages (roller, adhesive, triangular)
 - Sterile gauze pads
 - Cold compress
 - Antibiotic ointment
 - First aid tape
 - Disposable gloves
 - Antiseptic wipes
 - Hydrocortisone ointment

Wash your hands often with soap and clean water or use an alcohol-based hand cleaner (with at least 60% alcohol). Clean your hands especially before you eat or prepare food.

- Eat foods that are packaged or that are freshly cooked and served hot.
- Do not eat raw and undercooked meats and seafood or unpeeled fruits and vegetables.
- Drink only bottled, boiled, or chemically treated water and bottled or canned carbonated beverages. When using bottled drinks, make sure that the seal has not been broken.
- Avoid tap water, fountain drinks, and ice cubes.
- To disinfect your own water: boil for 1 minute or filter the water and add 2 drops of household bleach or ½ an iodine tablet per liter of water.
- Use bottled, boiled, or chemically treated water to wash dishes, brush your teeth, wash and prepare food, or make ice.

Insects

Insect-borne diseases such as malaria and dengue are risks in Haiti. Prevent insect bites by:

- Using insect repellent (bug spray) that contains one of the following active ingredients: DEET, picaridin (KBR 3023), Oil of Lemon Eucalyptus/PMD, or IR3535. Always follow the instructions on the label when you use the repellent.
- In general, repellents protect longer against mosquito bites when they have a higher concentration (percentage) of the active ingredient. However, concentrations above 50% do not offer a marked increase in protection time. Products with less than 10% of an active ingredient may offer only limited protection, often no longer than 1-2 hours.
- Wearing lightweight long-sleeved shirts, long pants, and a hat outdoors. For greater protection, clothing may also be sprayed with repellent containing permethrin or another EPA-registered repellent. (Remember: don't use permethrin on skin.)
- Remaining indoors in a screened area or using insect repellent frequently on uncovered skin during the peak biting period for malaria (dusk and dawn) and dengue (any time of day).
- Sleeping in beds covered by a bed net (preferably treated with permethrin), if not sleeping in an air-conditioned or well-screened room. Spraying rooms with products effective against flying insects, such as those containing pyrethroid.