

19<sup>th</sup> June 2012

Silvana Vicoli  
John XXIII College  
MOUNT CLAREMONT 6010

Dear Silvana

**Re INDIA PILGRIMAGE – Medical Advice**

Thank you for asking me for my advice on the pilgrimage to India again this year. Those students attending their own GPs should print off this advice to assist their doctor.

Routine Vaccinations.

It is important to check that these routine childhood vaccines have been done

- Tetanus (preferably Boostrix or Adacel brand) booster within 10 years
- Measles Mumps Rubella completed course (2 shots age 1 and 4)
- Hepatitis B (At birth or 12 years old schedule.)
- Meningococcal C

Travel Vaccinations

The following are not routine vaccines for Australian children but should be done for this trip

- Hepatitis A + Typhoid (A combined Hep A + Typhoid shot is available)
- Polio booster within ten years
- Annual flu shot

Mosquito-borne illness.

There is a malaria risk on this itinerary. The risk is not very high on your itinerary but on balance I will be suggesting the India students take antimalarial tablets. The choice of tablet depends on a few factors and may vary, but the most commonly used tablet is doxycycline. Dengue fever is also a problem in India, so the importance of mosquito avoidance should be stressed.

Travellers Diarrhoea

This is easily the most likely medical problem to occur, with an incidence around 30% per traveller per month in India, so care with choice of food, bottled water, and handwashing before eating should be stressed. Students are encouraged to take a basic self-treatment kit. I compile a small one specifically for students called a Mini-Essentials kit. The cost is \$40.

My travel clinic runs every Thursday evening from 5pm to 8pm at Chelsea Village, 20/145 Stirling Hwy Nedlands. To make a booking just send an Email to [clinic@ulyssesmedical.com](mailto:clinic@ulyssesmedical.com) stating preferred date and time on the half hour, eg 'Thu 18<sup>th</sup> August at 530.' You will receive a reply to confirm. Most students will require only one visit, but those who missed out on their Year 7 Hepatitis B shots will need a second visit and should get started as soon as possible. A 10% discount applies to JTC pilgrims.

Yours sincerely

Dr Peter Burke  
MBBS FRACGP DTM&H FACTM

Website [ulyssesmedical.com](http://ulyssesmedical.com)