

TRAVELERS' HEALTH KIT

Post-Exposure Prophylaxis (PEP) Kit

Post-exposure prophylaxis (PEP) is an emergency medical kit that can be used to protect you if exposed to HIV. Although PEP has not been conclusively proven to prevent the transmission of HIV infection, research suggests that if medication is initiated quickly after the possible exposure (ideally within 2-24 hours and no later than 48-72 hours) it may be beneficial.

NOTE: Brand names are listed solely to assist in obtaining over-the-counter medication and not as an endorsement of the products.

- Personal prescription medications** in their original containers.
- Antimalarial medications**, if applicable.
- Pepto-Bismol and Imodium** are useful for upset stomach and diarrhea.
- Antacids** reduce indigestion and stomach acidity.
- Decongestants (Sudafed)** to treat symptoms of the common cold.
- Anti-motion sickness medication (Dramamine)** Can be useful as a sleeping aid as well.
- Antihistamine (Chlorpheniramineis)** is useful for allergy problems and has sedative qualities.
- Acetaminophen, ibuprofen** or other medication for pain or fever.
- Mild laxative**
- Cough suppressant/expectorant (Robitussin)**
- Throat lozenges**
- Antibiotic Ointment (Neosporin, Bacitracin-Polymyxin-Neosporin)** for treatment of minor skin infections.
- Antifungal Cream or Powder (Desinex, Cruex Aftate)** is especially important in humid countries as fungal infections develop more rapidly. Use 1% hydrocortisone cream.
- Calamine and 1% Hydrocortisone cream** for itchy rashes.
- Sunscreen Lotion and Lip Balm (15 SPF or more)** Don't forget your hat and sunglasses!
- Iodine Tablets/Drops or water purifier** if you cannot easily boil water.
- Insect Repellents (DEET) 30-50%** are very important in malaria and tropical areas.
- Flying Insect Spray (OFF, Cutters, Repel)** is useful in sleeping quarters to minimize insect bites.
- Antiseptic Skin Cleansers (Phisoderm or Hibiclens)** Wash all cuts and bites immediately.

If you have a pre-existing condition, such as diabetes or allergies to envenomations or medications, consider wearing an alert bracelet and making sure this information is on a card in your wallet as well as with your other travel documents.

Other Important Items (many can be purchased locally)

- Aloe gel for sunburns
- Digital thermometer
- Oral rehydration solution packets
- Basic first-aid items (adhesive bandages, gauze, ace wrap, antiseptic, tweezers, scissors, cotton-tipped applicators)
- First aid quick reference card
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol
- Sanitary supplies (tampons or pads) for women
- Moleskin for blisters
- Lubricating eye drops
- Mild sedative (e.g., zolpidem) or other sleep aid
- Anti-anxiety medication
- High-altitude preventive medication
- Latex condoms, birth control, Plan B
- N95 disposable particulate respirator (PR) masks for tuberculosis (if applicable)
- Latex-free gloves
- Address and phone numbers of area hospitals or clinics
- Insecticide impregnated bednets for malarious areas (check local availability)