



# The LIFE Program

Social Change & Leadership Development in Israel and India

## The LIFE Program | Immunization Requirements

Updated September 12, 2011

### **Immunization for India:**

In creating this list of required immunizations, we consult with Professor Eli Schwartz. You will meet him before you travel to India for a health briefing (what you should/not eat, preparing food, issues related to drinking water etc). Professor Schwartz heads the Traveler's Clinic of Israel's largest health fund and, as so many Israelis travel to India, he keeps current with every aspect of health in India. He is a leading Israeli and international expert in this field. Your local doctors may suggest different things, and while it is legitimate for medical opinion to vary, we ask that you abide by the following list

### **Required Immunizations**

1. Hepatitis A
2. Hepatitis B
3. Tetanus (updated in the last 5 years)
4. Polio (updated in the last 10 years)
5. Typhoid
6. MMR (mumps, measles, rubella)

### **Three additional issues to note:**

#### **1. South American Participants – **MUST SHOW PROOF of YELLOW FEVER VACCINATION****

Participants coming from South America have a vaccination against Yellow Fever. While traveling to India and entering the country, they **MUST** carry a vaccination card showing they have had it, or their entry may be barred (even with a visa). The reason is a 'reverse' one; Yellow Fever does not exist in India, and the authorities there are very scared of it being introduced. It does exist in South America.

2. **Malaria:** In USA, the general practice is to recommend taking tablets against malaria. One does that just before arriving in India, and in the initial period there. Professor Schwartz recommends **not** taking these tablets. The factors in that recommendation are: the risk of getting malaria is very low, and taking the tablets can have serious side effects. In Professor Schwartz's professional opinion, given the data and the potential consequences of each course of action, he recommends not taking the tablets. His health briefing will include information about how to identify symptoms (obvious ones like getting a temperature). You are therefore not required to take tablets against malaria. However, having provided you with this information, **we leave it to your decision.**

3. **Japanese Encephalitis (JE)** - It is **optional** to get the inoculation for this disease. The disease does exist in India, but it is extremely rare. Amongst western travelers to Asia in the last 35 years, the number getting JE (55) was less than one in a million. Of the people getting JE, there were less than three reported cases in India, meaning the chances of getting it in India are even smaller. If you do decide to get it, you need between two to four weeks between two shots. More information, should you seek it, is available [here](#).