



W: Vaccines

message

From: Evans Brittain <evansbrittain@gmail.com>
To: Pickett Brittain <pickett_brittain@montgomeryacademy.org>

Mon, May 18, 2026 at 7:39 PM

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From: Evans Brittain <evansbrittain@gmail.com>
Sent: Monday, May 18, 2026 7:25:56 PM
To: William Brittain <evansbrittain@gmail.com>
Subject: Vaccines

Your childhood record is strong for core vaccines (multiple DTaP/Tdap combos, IPV/Polio, MMR, Varicella, Hep A/B, PCV, etc.),
with a **Tdap booster in Aug 2020** (solid for now, as you're only ~6 years out).

Vaccines Likely Needed or Recommended Now

- **Typhoid — Strongly recommended (no record).** Food/water-borne risk in Tanzania. Get the injectable (2-year protection) or oral (5 years). Do this soon.
- **COVID-19 & Influenza (Flu) — None listed.** Get updated versions before travel (flu is seasonal and relevant for any trip).
- **Meningococcal (MenACWY/MCV4) — You have one dose (MCV4P on 08/26/20).** At 17, you should have had a booster at age 16. Check with your doctor — a booster may be due, especially for international travel.
- **HPV — No record.** Catch-up is recommended through age 26. At 17, you can start/complete the series (2 or 3 doses depending on when you begin). Good long-term protection, not trip-specific but worth doing now.
- **Polio booster** — Childhood series complete. One adult lifetime IPV booster is often advised for travel to areas with any poliovirus risk. Discuss with a doctor.
- **Hepatitis A** — Doses in 2011/2013 should provide long-term (often lifelong) protection. Confirm with a titer if concerned.
- **Rabies — Consider pre-exposure (3 doses)** if you'll be in remote areas, around animals, or want extra peace of mind. Not routine for standard Kilimanjaro climbs but common advice for hikers.
- **Yellow Fever — Not required or recommended** for direct travel from the US. Only an issue if transiting through a risk country.

Malaria prophylaxis (medication, not a vaccine): Essential for the lowlands (Moshi/Arusha area) where you'll start/end.

Low risk on the mountain itself (too high/cold for mosquitoes). Options like Malarone are well-tolerated — start per doctor's instructions.

Action Plan (Time-Sensitive for June/July)

1. **Book a travel medicine appointment ASAP** (now is ideal; some need time to take effect). Bring your full immunization record.
2. **Priorities: Typhoid**, flu/COVID updates, **meningococcal booster if needed**, HPV catch-up, **malaria Rx**, and any boosters.
3. **Altitude prep: Discuss Diamox (acetazolamide) for acute mountain sickness prevention with your doctor.**
4. General: Insect repellent (DEET), safe food/water practices, and a basic first-aid kit.