

**Project Location: Amazon Medical Missions- Iquitos, Peru**

**Project Date** \_\_\_\_\_

**Applicant Name \*\*** \_\_\_\_\_  
**\*\*PLEASE PRINT FULL NAME AS SHOWN ON YOUR PASSPORT OR PASSPORT APPLICATION FORM.**

**Send the application, a notarized copy of your passport photo page,  
and \$700 deposit made payable to:**

**Free Chapel  
1290 McEver Road  
Gainesville, GA 30504**

Free Chapel Missions (678)677-8300 X1057

Representing and collaborating with Amazon Medical Missions by managing the organization of mission trips. This paperwork represents Amazon Medical Missions, The Servants House and Free Chapel

**Amazon Medical Missions - Mike and Susie Dempsey**  
[Susie@amazonmedicalmissions.org](mailto:Susie@amazonmedicalmissions.org)  
[Mike@amazonmedicalmissions.org](mailto:Mike@amazonmedicalmissions.org)  
**011-5165-993-1045 (Telephone: Iquitos, Peru)**

\* Completion of this form constitutes my application for consideration as a short-term missionary providing ministry in a Christian mission setting. All information is confidential and will only be shared as needed to obtain air line tickets, visas, insurance, customs & immigration clearance, and as requested by other government officials in the country of service. Amazon Medical Missions, Free Chapel and The Servant's House, Inc. keep a copy of all application information on file.

By signing on the line below, I agree to begin the application process for the project as stated. I have also read and agree to allow personal information to be shared as stipulated in the \*paragraph above. Note - All pages of the Application require a signature or initials! The Assumption of Risk and copy of Passport photo page require a signature and must be notarized.

\_\_\_\_\_  
Signature Date

**(A Parent Must Sign/Initial Beside a Minor Child's Signature on All Forms.)**

**General Information**

Name \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Male Female  
Home Address \_\_\_\_\_ Social Security # \_\_\_\_\_  
\_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone (\_\_\_\_) - \_\_\_\_\_ Cell (\_\_\_\_) - \_\_\_\_\_ Fax (\_\_\_\_) - \_\_\_\_\_  
E-Mail \_\_\_\_\_

Marital Status Married Single Widowed Divorced Seperated Remarried  
Spouse's Name \_\_\_\_\_ Number of Children \_\_\_\_\_  
Emergency Contact Name \_\_\_\_\_  
Address \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone(\_\_\_\_) - \_\_\_\_\_ Cell (\_\_\_\_) - \_\_\_\_\_ Relationship \_\_\_\_\_

**Health**

Your Health: Excellent Good Fair Poor Allergies: \_\_\_\_\_  
Special needs: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Education**

Highest Grade Completed \_\_\_\_\_ College \_\_\_\_\_  
Degree \_\_\_\_\_ Year Completed \_\_\_\_\_  
Internship \_\_\_\_\_ Type \_\_\_\_\_  
Residency \_\_\_\_\_ Type \_\_\_\_\_  
Military Service \_\_\_\_\_

**Employment**

Occupation \_\_\_\_\_ Years \_\_\_\_\_  
Job Description \_\_\_\_\_  
Employer \_\_\_\_\_  
Address \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone (\_\_\_\_) - \_\_\_\_\_ E-Mail \_\_\_\_\_

**Medical/Dental Personnel Only (Send Current-Notarized Copy of All Medical or Dental License)**

Specialty(ies) \_\_\_\_\_  
Board Certification(s) \_\_\_\_\_  
Current Medical License No. \_\_\_\_\_ State \_\_\_\_\_ Expires \_\_\_\_\_  
Practicing: \_\_\_ Full-Time \_\_\_ Part-Time \_\_\_ Retired \_\_\_ Student in \_\_\_ Year \_\_\_ Intern \_\_\_ Resident in \_\_\_ Year

**Applicant Initials**

**Date**

**Passport Information**

Do you have a passport valid for 6 months from the date of entry into the country you are serving? \_\_\_\_\_ Passport No. \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_

Date Passport Issued \_\_\_\_/\_\_\_\_/\_\_\_\_ Issued at \_\_\_\_\_

Passport Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_ (Or) Date of Passport Application \_\_\_\_/\_\_\_\_/\_\_\_\_

**If holder of a current passport, please include a notarized copy of passport photo page with this application and any addendum page that verifies a recent name change.**

**Mission/Ministry Experience**

Please list agencies, places, dates of previous mission/ministry experience: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you speak Spanish? \_\_\_\_\_ Could you serve as an interpreter if needed? \_\_\_\_\_

Assignment preference for this mission project: \_\_\_ provider \_\_\_ pharmacy \_\_\_ spiritual \_\_\_ interpreter  
\_\_\_ music \_\_\_ mime & drama \_\_\_ minister \_\_\_ street ministry \_\_\_ teacher (of \_\_\_\_\_)  
\_\_\_ general support \_\_\_ home visits/witnessing \_\_\_ construction \_\_\_ well drilling \_\_\_ children’s ministry

**Christian Testimony**

Relate how and when you became a Christian. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What is your understanding of the basis for your salvation? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

In your daily life, what does Jesus Christ mean to you? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please list the name and address of your church, your pastor’s name, and your denomination \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please list your personal goals for this mission project \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Remember the #1 Rule...be flexible. God is in control!!**

**Applicant Initials**

**Date**

### **Statement of Personal Conduct**

The primary distinction that sets AMM apart from many other short-term mission entities is the emphasis we place on prayer and ministry within our teams. **Not only do we go abroad to minister to others. We also go to get outside our comfort zones and place ourselves in a position to hear the Lord speak to us in ways we don't hear at home.** His requires a process that goes beyond the simple sharing of Christian fellowship. It requires developing true spiritual unity within a cohesive team. Team members agree to lay aside the things that separate us doctrinally and to join together as brothers and sisters in Christ and focus on what binds us together. We also agree to facilitate mutual growth by sharing our own insights and experiences during the times that are set aside for spiritual reflection, prayer, and praise to God. By serving others together in unity, we bond in kindred relationships that can last a lifetime.

**Our behavior has a much more profound impact upon people than what we say.** Therefore, it is critical that we model behavior that is truly Christ-like, both publicly and privately. Paul tells us that the things in which we may have liberty can be a stumbling block to others (1 Corinthians 8:9.) Hence, we do not wish to give offense and defeat our purpose by careless actions or dress. **Hence, no alcohol or tobacco products are allowed on AMM trips.** In coming alongside our brothers and sisters in Christ in developing countries, we need to be sensitive to their world-view and willingly lay aside everything that might hinder our ministry in their perception. We must bear the responsibility of bridging the cultural differences. **We want to be perceived as messengers of the Word, not "tourists."**

### **Release**

**I have read all four pages** of The **Amazon Medical Missions/Free Chapel** application and accept its provisions. I agree to live, work and serve in accordance with the above "Statement of Personal Conduct." I, the undersigned, realize in accepting a term of volunteer service, it is with the clear understanding that no one (**Amazon Medical Missions, The Servant's House, Free Chapel** nor any of the people or ministries) associated with the preparation and production of my chosen mission trip assumes responsibility for loss of my property, damage to the same, personal harm, death or illness that may come to myself or those who travel with me. I, for myself, my heirs, executors, administrators, and assigns, in consideration of my admission to volunteer service and other good and valuable considerations, do hereby release and forever discharge **Amazon Medical Missions/The Servant's House/ Free Chapel**, and any of the associated people or ministries as related to this mission project, their directors, officers, and employees from liability for any claim or demand which I or my heirs, executors, administrators, or assigns, might otherwise assert upon the basis of any of the foregoing. In volunteering, I recognize that I do not become an agent or employee of **Amazon Medical Missions/The Servant's House/Free Chapel** or of any of the people or associated ministries. In rendering my services, I agree to hold **Amazon Medical Missions/The Servant's House/Free Chapel** and any of the people or associated ministries as related to this mission project harmless from any claim that might arise out of any acts performed by me while serving as an **Amazon Medical Missions/Free Chapel** volunteer.

**Applicant Signature for AMM/FC**

**– Volunteer Service**

**(Date Signed)**

**Amazon Medical Missions /Free Chapel**

1290 McEver Road  
Gainesville, GA 30504  
Free Chapel Missions (678)677-8300 X1057

**ASSUMPTION OF RISK AGREEMENT**

I, \_\_\_\_\_

(Applicant Name)

agree as follows on behalf of Amazon Medical Missions/The Servant's House/Free Chapel and their affiliated network of missionaries/agencies:

(1)

I am aware of the emotional and physical hazards and risks to my person and property associated with the overseas medical/evangelism and/or other missionary activities for which I am applying. Such hazards and risks include, but are not limited to, death or injury by willful acts, accidents, disease, terrorist acts, weather conditions, improperly prepared or contaminated food, and inadequate medical facilities and medical supplies. I volunteer my services on behalf of Amazon Medical Missions/Free Chapel /their affiliated network of missionaries or agencies despite such hazards and risks both known and unknown. I assume the risks of death, injury, and damage associated with such risks.

(2)

I attest and verify that I am physically fit and have no medical conditions that would prevent me from performing the volunteer services for which I am applying.

(3)

\*\*\*I waive any and all claims for incurred damages which I may have against Amazon Medical Missions, The Servant's House, Free Chapel and/or the affiliated network of missionaries or agencies related to this mission trip now or at any future time.\*\*\*\*

(4)

Travel and work will be in an underdeveloped nation therefore it may be difficult or impossible for Amazon Medical Missions/Free Chapel or its representative network of Missionaries/Agencies to guarantee or meet special dietary needs.

Amazon Medical Mission - Iquitos, Peru

\_\_\_\_\_\*\*

Mission Site

Departure Date

\_\_\_\_\_

Signature of Volunteer Applicant (\*Signature & Date Are Required\*)

Date

\_\_\_\_\_

My Commission Expires On:

Notary Public - Signature/Seal

\_\_\_\_\_

Sworn to and Signed Before me on \_\_\_\_\_, 20\_\_\_\_\_

## **GENERAL INFORMATION: AMAZON MEDICAL MISSION RIVERBOAT TRIP**

International flights depart from various USA locations and arrive in Lima, Peru from 9:00 pm Saturday- 1:00 a.m. Sunday morning. Upon arrival in Lima, a **Peruvian host** meets the team in the Lima airport and assists with customs and luggage as everyone is escorted to a bus which will take the team to a **hotel for the night**. Make sure to **pack plenty of filling snacks for Saturday evening**. Unfortunately, airlines often serve a light snack instead of a meal on the international flight and access to a late night meal is almost impossible. However, the Sunday breakfast will make up for the slighted meal Saturday night.

After a **continental breakfast on Sunday morning**, the Peruvian host meets the team again with a bus headed back to the airport. He/she assists the team with seat assignments on the in-country flight leaving to Iquitos, Peru somewhere between 3:00 p.m. – 7:00 p.m. **Your flight time depends on flight availability (Peruvian Airlines = flexibility ...your first test) and the team's promptness in returning copies of passports thus allowing the early purchase of in-country flights.** AMM attempts to secure a flight allowing the team to arrive in Iquitos by 5 p.m. for the teams that stay overnight in Lima. However, this is not always possible, and sometimes not probable.

**Mike Dempsey meets the teams arriving in Iquitos**, loads the luggage, and provides transportation to the Chosen Vessel (and/or second ship) where roommates receive assigned rooms, keys, food and an opportunity to enjoy the Amazon for a few hours. Once safely aboard the ship(s), the group departs for the first village on the Amazon. Some team members are so excited by the beauty of the Amazon, they choose not to sleep but simply watch and soak up the natural beauty and awesome scenery of the Amazon River and jungle.

After the teams settles into their rooms and have the evening meal, the remainder of **Sunday night is spent in a time of praise and worship and packaging supplies and/or medicine** for the team's work on Monday morning. **Mike and Susie Dempsey provide a brief "Orientation to the Amazon"** and spend much time getting to know the individual team members. Supper is served and plans finalized by the team leader(s) for the weeks work. **Lights are out and team members are asked to be in bed & asleep by 10 p.m.** The upper deck of ship(s) provides a wonderful place for the morning and evening devotions and praise and worship. Again, **because of having to rise early and the hectic schedule facing the team, lights are out and team members are asked to be in bed by 10:00 p.m. at the latest.**

**Rooms are air-conditioned**, most sleep two people per room in bunk beds, have a **sink, shower, and commode**. Sorry, no hot water! However after your first day on the Amazon, you will welcome the cold showers. **There is a 110 plug in each bathroom** on the Chosen Vessel. **All other ships and/or hotels in Peru require a transformer and adapter.** It is the responsibility of the team member to supply these items.

Please check with The Servant's House, Inc. regarding current luggage allowance. Currently, each team member is allowed 2 - fifty pound pieces of checked luggage of which 50 pounds may be assigned supplies. **Check with your team leader.** Legal weight/size for a carry on is 1 carry on of 40 pounds and a small purse or bag limited to 12 pounds or less. Practice rolling & packing scrubs (clothing) in your checked bag prior to the departure date! Last minute packing can be very hectic. **You may have to pack light if Peruvian checked luggage requirements change at the last minute. Lan Peru has been known to decrease checked luggage to 1 – 50 pound bag and a 12 pound carry on with only a 24 hour notice of the change in luggage limitations.** Scrubs are great, even if the team does not have a medical focus. Scrubs are light, take up little room, and are easy to rinse and wear again. **Shorts are not allowed beyond the boat and must touch the knee when in a sitting position. Please read the dress code of the suggested packing for jungle trips.** Remember, we come to serve and represent the life of Christ in all that we do – including our jungle attire. Please also remember that **no alcohol or tobacco products "in any form" are allowed on Amazon Medical Mission trips.**

**The food aboard The Chosen Vessel will rival the best restaurant in town.** It is a miracle if team members do not gain weight on this trip. Please be forewarned to diet before the trip; not during it! Between meals, soft drinks similar to American Coke and carbonated fruit drinks are available to the team free of charge. Free, safe, drinking water is always available in a community container. **Please make sure to bring a water bottle you can refill. The water from the faucets in each room is not drinkable.** The water flowing to the cabins is treated river water! Safe drinking water is always available in water containers in the dining rooms, designated areas on the ships, and in all work areas while in the field. **Be sure to drink a minimum of ½ gallon of water a day!** IV's for dehydration can ruin a fun day!

**Snacks are not sold on board The Chosen Vessel.** Please make sure to pack enough (light) snacks to cover the inevitable "sweet" attack in the middle of the Amazon. Pack all snacks in zip lock bags or you will be bedding down with a lot of little crawling creatures. M & M's and peanut butter travel well!!!! Pack all snacks in your carry on bag. **Do not pack food in your checked luggage unless it is sealed in airtight containers.** The dogs used to check luggage go after the food! You do not want to draw attention to your checked luggage in the Lima customs area or any area of any airport these days!

Monday – Thursday schedules run about the same. The Chosen Vessel docks during the night at the village where the team will work the next day.

|                           |            |                           |                       |
|---------------------------|------------|---------------------------|-----------------------|
| Breakfast:                | 7:00 a.m.  | Rest:                     | 1:00 p.m.             |
| Devotion:                 | 7:30 a.m.  | Afternoon Project:        | 2:00 p.m. – 4:00 p.m. |
| Disembark to Village:     | 8:00 a.m.  | Free time                 | 4:00 p.m. - 6:00 p.m. |
| Set up and begin Project: | 9:00 a.m.  | Supper                    | 6:00 p.m.             |
| Lunch:                    | 12:00 noon | Evening Devotion/ Service | 7:00 p.m.             |

Please know that family member names and their spiritual status are given to the local pastor at the end of the day on the river. Amazon Medical Missions always includes local pastors as a part of the Evangelistic thrust. After the team leaves, the pastor of the village will receive follow up visits by trained pastors from Amazon Medical Missions to support, disciple and mentor the pastor as he works with the new converts. Amazon Medical Missions also provides free quarterly conferences in their Nina Rumi compound for the pastors of all the villages visited by the teams. Your work in each village opens the door for continued spiritual teaching, river evangelism and church planting. God uses each team to show that He cares. Amazon Medical Missions continues to show and teach the love of God after the U.S. team returns home.

**Everyone rises early on Friday morning** in order to have their checked luggage and carry-on bags at the front of the ship by 7:00 a.m. After breakfast the team spends the morning **touring the Nina Rumi Campus** then departs to Iquitos for **shopping in the down town district of Iquitos and at the local Indian markets**. **Lunch on Friday is included** in the trip fees as the team shops, walks, and tours. As the afternoon comes to an end the team heads to the Iquitos Airport around 3 p.m. for their return flight to Lima. Normally flights depart Iquitos around 5 p.m. and arrive in Lima around 8 p.m. on Friday evening. This allows the team members just enough time to secure their luggage and head to the international terminal for their return flight to the USA. **The evening meal is not included** in the ground fees as the team is in transit to Lima and the USA. A good meal in the Lima airport cost bout \$6 US dollars.

Please call Free Chapel for more information about our trips. An initial \$700.00 deposit is required with each application. Trip deposits are applied towards payment of the total trip cost. **Extra days are quoted separately.** A minimum size team must have at least ten team members. A full team for the "Chosen Vessel" is nineteen. However sleeping arrangements are tight. If the team exceeds twenty-eight, Amazon Medical Missions has the ability to rent a larger boat for teams.

**freechapel** missions  
[missions@freechapel.org](mailto:missions@freechapel.org)  
(678)677-8300 X1057

## Suggested Packing List & Requirements for Jungle Trips

- 1.) Cash Only - Vendors will not accept bills with tears, ink marks, or if it looks old.  
Travelers Checks are not accepted. Often vendors in Lima accept credit cards.  
Vendors accept American Currency  
Keep an assortment of \$1, \$5, and \$10 bills
- 2.) **Passport and a minimum of 2 notarized copy of the photo passport page**  
Put 1 in checked bag and 1 in your carry-on  
Copy sent to TSHM is used to confirm airline tickets for return flight to USA
- 3.) Bible, pen, and note pad
- 4.) Camera – disposable ones work great
- 5.) Comfortable Walking Shoes for tours and clinic areas (must be left on the bow of the boat when aboard)
- 6.) Slides to wear on the boat only and in your room
- 7.) Flip flops for the shower
- 8.) Sunglasses
- 9.) Sunscreen (Lotion Only)...no sprays
- 10.) **Insect Repellent (Lotion Only)...no sprays –Sprays take the varnish off the ship's floors!**
- 11.) Umbrella or light poncho for the afternoon showers
- 12.) Toiletries including soap, toothpaste, lotion, and shampoo
- 13.) Small Flashlight/Reading Light (extra batteries)
- 14.) Hair Dryer (110/220)
- 15.) Snack Foods/Zip Loc Bags
- 16.) 33 Gallon Plastic Bag for dirty clothes
- 17.) Personal Medicines as needed/Band-Aids & small First Aid Kit
- 18.) Personal Water Bottle for Project Site (to be refilled as needed)
- 19.) One towel and washcloth
- 20.) Leisure clothes for clinic (medical scrubs work great!!)
- 21.) Hat for protection from the sun
- 22.) **Shorts are not recommended but if worn must touch the knees when in a sitting position.**
- 23.) **No halter tops, low necklines, or bare backs**
- 24.) Travel Alarm Clock (battery operated)
- 25.) Toilet Paper (easily accessible in your back pack)
- 26.) Safety Pins, small clothing repair kit
- 27.) Travel Pouch (fanny pack that fits around the waist)
- 28.) Hand Wipes and/or hand sanitizer
- 29.) Ear Plugs (unless you are definitely sure your room mate does not snore!)
- 30.) **Checked Weight Limit for Amazon is 50 pounds total per person for the In-Country Flight**
- 31.) Carry-On can be up to a 19" x 7" thick, small 11-pound tote bag (subject to change)

Missionaries do not offer laundry service. Team members can rinse out clothing in their rooms and dry it behind the generator.

To protect your clothing from unexpected rain showers during transport, we do recommend packing each day's clothing in a 1- 2 gallon zip loc plastic bag before packing it in your carryon/checked bag. This type packing (if possible) does make it easy to grab a bag of clothes each morning and go!

**#1 Rule to remember: Be flexible...do not complain! In a third world setting, nothing ever goes as planned. This is especially true of the in-country airline flight Lima – Iquitos. God's timing is not always our timing. If you do have a question or concern, suggestion or comment (during your project), please see the group leader privately. Thank You.**

**MOSQUITO NETS ARE NOT REQUIRED FOR THE AMAZON MEDICAL MISSION TRIP!**

## CDC Vaccines for Your Protection: Tropical South America

### Routine Vaccinations

Before travel, be sure you and your children are up to date on all routine immunizations according to schedules approved by the Advisory Committee on Immunization Practice (ACIP).

See the [schedule for adults](#) and the [schedule for infants and children](#). Some schedules can be accelerated for travel.

**See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.** If it is less than 4 weeks before you leave, you should still see your doctor. It might not be too late to get your shots or medications as well as other information about how to protect yourself from illness and injury while traveling.

### Recommended Vaccinations and Preventive Medications

The following vaccines may be recommended for your travel to Tropical South America. Discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

**Hepatitis A** or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.

**Hepatitis B**, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

Malaria: your risk of malaria may be high in these countries, including some cities. See your health care provider for a prescription antimalarial drug. For details concerning risk and preventive medications, **see [Malaria Information for Travelers to Tropical South America](#)**.

**Rabies**, if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities.

**Typhoid** vaccine. Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors.

As needed, booster doses for **[tetanus-diphtheria and measles](#)**.

**Diseases found in Tropical South America (risk can vary by country and region within a country; quality of in-country surveillance also varies)**

**Malaria**

is always a serious disease and may be a deadly illness. Humans get malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites ([see below](#)). Your risk of malaria may be high in these countries, including some cities. Travelers to malaria-risk areas, including infants, children, and former residents of South America, should take an antimalarial drug.

**Travelers to Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Peru, Suriname, and Venezuela should take one of the following antimalarial drugs:** (listed alphabetically):

[atovaquone / proguanil](#)

[Doxycycline](#)

[Mefloquine](#)

[Or primaquine \(in special circumstances\).](#)

For additional information on malaria risk and prevention, see:

**[Malaria Information for Travelers to Tropical South America.](#)**

**Yellow Fever**

is present in this region and vaccination is recommended if you travel to the endemic zones. A certificate of [yellow fever](#) vaccination **may be required** for entry into certain countries if you have visited an endemic area. For detailed information, see [Comprehensive Yellow Fever Vaccination Requirements](#). Also, find the nearest [authorized U.S. yellow fever vaccine center](#).

Food and Waterborne Diseases.

**Travelers' Diarrhea**

Make sure your food and drinking water are safe. Food and waterborne diseases are the primary cause of illness in travelers. **Travelers' diarrhea** can be caused by viruses, bacteria, or parasites, which are found throughout Tropical South America and can contaminate food or water. Infections may cause diarrhea and vomiting (*E. coli*, *Salmonella*, [cholera](#), and parasites), fever ([typhoid fever](#) and toxoplasmosis), or liver damage (hepatitis). [Brucellosis](#) is occasionally seen in travelers, most commonly acquired through eating or drinking contaminated milk products.

Additional information: see the [Safe Food and Water](#) page for a list of links.

**Other Disease Risks**

[Dengue](#), [filariasis](#), [leishmaniasis](#), [onchocerciasis](#), and [American trypanosomiasis \(Chagas disease\)](#) are other diseases carried by insects that also occur in this region. Epidemics of viral encephalitis and dengue fever occur in some countries in this area. Bartonellosis, or Oroya fever (a sand fly-borne disease), occurs in arid river valleys on the western slopes of the Andes up to 3,000 meters (9,842 feet). Louse-borne typhus, a [rickettsial infection](#) is often found in mountain areas of Colombia and Peru. Protecting yourself against insect bites ([see below](#)) will help to prevent these diseases.

Schistosomiasis, a parasitic infection that can be contracted in fresh water in this region, is found in Brazil, Suriname, and north-central Venezuela. Do not swim in fresh water (except in well-chlorinated swimming pools) in these countries. (For more information, please see [Swimming and Recreational Water Precautions](#).)

If you visit the Andes Mountains, ascend gradually to allow time for your body to adjust to the high altitude, which can cause insomnia, headaches, nausea, and altitude sickness. In addition, use sunblock rated at least 15 SPF, because the risk of sunburn is greater at high altitudes.

## Staying Healthy During Your Trip

Travelers should take the following precautions -To stay healthy,

### Do not...

1. Do not eat food purchased from street vendors or food that is not well cooked to reduce risk of infection (i.e., hepatitis A and typhoid fever).
2. Do not drink beverages with ice.
3. Do not consume dairy products, unless you know they have been pasteurized.
4. Do not swim in fresh water to avoid exposure to certain water-borne diseases such as schistosomiasis. For more information, please see: Swimming and Recreational Water Precautions. (Per CDC.GOV Website.)
5. **Do not handle animals, especially monkeys, dogs, and cats, to avoid bites and serious diseases (including rabies and plague). Consider pre-exposure rabies vaccination if you might have extensive unprotected outdoor exposure in rural areas.**
6. Do not share needles for tattoos, body piercing or injections to prevent infections such as HIV and hepatitis B.

## After You Return Home

If you have visited a malaria-risk area, continue taking your antimalarial drug for 4 weeks (doxycycline, or mefloquine "Larium") or seven days (atovaquone/proguanil "Malarone") after leaving the risk area.

**Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the physician your travel history.

## For More Information

For any questions and/or more information about these and other diseases, please check the Diseases page and CDC Health Topics A-Z at [www.cdc.gov/travel/](http://www.cdc.gov/travel/)

Information contained in the "**CDC Vaccines for Your Protection: Tropical South America**" was copied from (in an adapted format) the official CDC Website. For the entire document(s) related to CDC Travel Recommendations, Safety Tips, Immunizations and Vaccines please visit : [WWW.CDC.GOV/TRAVEL/](http://WWW.CDC.GOV/TRAVEL/)  
**Discuss all immunizations/vaccines/medicines with your personal physician before making medical decisions related to travel. Your personal physician can help you make the appropriate medical choices for your age and current medical status.**  
**Free Chapel, The Servant's House nor Amazon Medical Missions offer medical travel advice or opinions. We print the document "CDC Vaccines for Your Protection: Tropical South America" for educational purposes only. As noted, we refer team members to their personal physician for appropriate medical decisions.**

**Sign – Date and Return This Page With Your Application – Thank You!**

