

# VACCINATIONS

**Ecuador: Puenbo, Day trip to Quito, Isabela Island, Puerto Ayora, San Cristobal, Otavalo, Amazon**

Immunizations are a personal matter that depends not only on your destination but also your own personal health, history of medications and previous immunizations. For this reason we suggest that you contact a travel medicine clinic if you have any questions relating to vaccination requirements for your visit to Ecuador. Please speak with your doctor's office for information about your nearest travel clinic.

You will need to provide the clinic with information regarding your whereabouts over your 4-week stay. Our travels this summer will take us to Puenbo (3 days), Isabela Island (3 days), Puerto Ayora (4 days) San Cristobal (4 days), Otavalo (4 days), Amazon (4 days) and Puenbo (1 day).

The Government of Canada has a very useful website to get you started: <https://travel.gc.ca/destinations/ecuador#health>

**Ecuador:**

- Up-to-date routine vaccinations and for your consideration: Hepatitis A, Hepatitis B, Influenza, Measles, Rabies, Yellow Fever, Malaria and Zika virus.

**Remember: When it comes to your food; boil it, cook it, peel it, or leave it!**