

Recommended Vaccines for Travel to Brazil

This guide provides an overview of recommended vaccines for traveling to Brazil. It is not a substitute for consulting with your doctor or researching the latest CDC recommendations. Most vaccines can be administered by your doctor, except for the yellow fever vaccine, which must be obtained through a travel medicine pharmacy or clinic.

Vaccine Recommendations

1. **Hepatitis A:** This vaccine is given in two doses, with the second dose administered 3 to 6 months after the first. Once you receive the second dose, you are protected for life.
2. **Hepatitis B:** This vaccine requires three doses. The second dose is given 1 month after the first, and the third dose is 6 months after the first. You will be protected after the second dose, with lifetime protection after the third.
3. **Twinrix:** This combination vaccine covers both Hepatitis A and B. It is administered in three doses, following the same schedule as the Hepatitis B vaccine. It provides lifetime protection after the third dose. Note that Twinrix is an alternative to the separate Hepatitis A and B vaccines, not an addition.
4. **Tetanus/Diphtheria:** A booster is required every 10 years.
5. **Yellow Fever:** A single dose is valid for life and must be received at least 10 days before arriving in Brazil.
6. **Malaria:** This medication requires a prescription. Ask your doctor for one of the daily dosage options (Doxycycline or Malarone) and avoid the weekly option due to harsh side effects. If your insurance doesn't cover prescriptions, use the GoodRx app for discounts.
7. **Typhoid:** Although meals and drinks will be provided on the boat, making Typhoid unlikely, consider this vaccine if you plan to eat or drink in local villages.

Where to Get Vaccines

- **Public Health District:** Typically, the most cost-effective option for Hepatitis A & B and Tetanus vaccines.
- **Travel Medicine Pharmacy (e.g., some Walgreens):** Yellow Fever and Typhoid vaccines.
- **Your Doctor:** Malaria medication prescription.
- **Travel Medicine Clinic (e.g., Passport Health):** Convenient for all vaccines, but generally more expensive. Be cautious of pressure to purchase additional items.

Schedule vaccinations 4 to 6 months before departure. Contact each clinic for prices and availability. Each traveler is responsible for their immunization costs. Use GoodRx (<https://www.goodrx.com/>) if you lack prescription insurance. Note the shortage of the Yellow Fever vaccine (YF-Vax) and consider the alternative vaccine, Stamaril, available at select clinics. Verify its availability by calling clinics directly, as CDC lists may not be up-to-date.