

Aum Sri Sai Ram

Preventive Medical Care Guidelines for Pilgrims

1. Everyone should consider Malaria prophylaxis. It would be best to discuss this with your physician or health care provider. Current CDC guidelines are at the following link;
<http://www.cdc.gov/malaria/travelers/index.html>

2. If you or your family members have a medical condition that may require treatment while in India, it is very important that you bring a list of all your significant medical conditions and also a list of your current medications with the exact instructions on how you take your medication each day

3. **Bring all your Medications and Medical Supplies:** Please remember to bring your medications, especially prescription medications. Also bring all needed medical supplies such as **inhalers and nebulizers for asthmatics and all supplies needed by patients with diabetes such as insulin, syringes, alcohol swabs, lancets and most importantly your glucometer with all the test strips you might possibly use.** You may not be able to find replacement test strips for your glucometer in India.

4. **Carry your prescription medications** with you, which means with your carry on luggage.

5. **Bring some additional quantity of medications and medical supplies** just in case your stay is prolonged due to illness or other factors.

6. **Dehydration is highly possible and preventable by drinking plenty of fluids such as water, coconut water, and electrolyte solution (Electrosol, Gatorade, Powerade, Propel, Crystal Light, Pedialyte etc)**

7. **Bring Over-The-Counter (OTC) medicines** like:
 - Tylenol, ibuprofen (Motrin), for aches, fevers etc.
 - Imodium, Kaopectate etc for diarrhea
 - Benadryl and Claritin tablets/syrup for allergies and skin rash
 - Dimetapp or Robitussin for cough and cold
 - Band-aids, cotton, alcohol swabs, antibiotic ointment
 - Nausea tablets/syrup for nausea