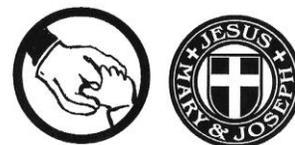


# General Information for a Medical Mission to Honduras

Sociedad Amigos  
de los Niños



HOLY FAMILY  
PARISH

## PASSPORT

Please make a copy of the inside cover of your passport and pack it in your carry-on as back-up for your original passport which you should carry with you while traveling to and from Honduras.

## WHAT TO PACK IN YOUR CARRY-ON (read TSA Ban on Liquids, Aerosols & Gels)

A carry on may have a maximum height 15", width 20", depth 10", total cannot exceed 45"

PACK LIGHTLY . . . we are only going to be gone a week

A purse is not a carry-on

Carry-ons should have identification

Clothing: 2 sets of scrubs, 1-2 changes of clothing (besides what you will be wearing on the plane)

Insect repellent with Deet (the higher the Deet, the longer lasting the repellent is)

Hat

Comfortable shoes

Washcloth

Nightwear

Shower clogs

Toiletries (electricity is 110 volt) . . . **NOTE: you may want to pack a small toiletries bag/case in your suitcase that will be filled with medicines/medical supplies...if you do, put identification on it.**

Camera

Water bottle

Sunglasses

Sunblock with SPF 15 or higher

Toilet paper roll and some plastic grocery bags

Hand sanitizer

Medications: include Pepto-Bismal or Imodium AD and Correctol, Dramamine for those prone to motion sickness

Personal medications

Health insurance card

A book

Flashlight

Family photos to show fellow team members and Hondurans

(Note: leave your winter coat with the person who drops you off at the airport, you will not need it. Ask them to bring it with them if they are picking you up or give it to the person who is picking you up upon our return.)

## CDC VACCINATIONS RECOMMENDED (not required)

**Cuyahoga County Board of Health Travel Clinic** call 216-201-2041 for information or to make an appointment.

**Passport Health** 3610 W Market Street Suite 104, Fairlawn OH 44333, call 216-295-9400 for information or to make an appointment

## Recommended vaccinations include Hepatitis Type A and Type B, Typhoid & Tetanus

Get a prescription for anti-malaria (preventive) drug (Chloroquine) and an antibiotic such as Levaquin from your doctor.

The general medical advice about the regime for taking Chloroquine is as follows:

- The adult dosage is 500 mg Chloroquine once a week.
- Take the first dose of Chloroquine 1 week before arrival in the malaria- risk area.
- Take Chloroquine once a week, on the same day of the week, while in the malaria-risk area.
- Take Chloroquine once a week for 4 weeks after leaving the malaria- risk area.
- Chloroquine should be taken on a full stomach to lessen likely feelings of nausea it can cause.

## HEALTH & HYGIENE

Sanitary conditions throughout Honduras are poor. Parasites and microorganisms cause many health problems for the Hondurans. These can cause intestinal disorders, such as diarrhea, in foreigners. To remain healthy, carefully observe:

- **Drink only bottled water.** The tap water is unsafe to drink or to brush your teeth with. Drink lots of bottled water.
- Use antiseptic hand sanitizer or anti-bacterial gel often.
- Toilet tissue will be available but bring a roll with you just in case. Due to the sanitation system, toilet tissue is not to be flushed down the toilet. It is deposited in a container next to the toilet. Plastic grocery bags are ideal for depositing used toilet tissue.

## **LIVING CONDITIONS**

Sociedad Amigos de los Niños owns 1,800 acres 1½ hours east of Tegucigalpa called Nuevo Paraiso. Nuevo Paraiso has an area with guest quarters, a chapel, dining hall, gazebo in close proximity to a housing village of single mothers and abandoned children. The guest quarters are cabin-like dormitory-style rooms (with screened windows and doors) with beds, linens, pillows, towels (except washcloths) and bathrooms. The rooms and bathrooms are clean and will be cleaned everyday by women from the nearby village. This is a way the women make a living and a way they can show appreciation for our coming to Honduras. The women each receive a tip from us from the money each person pays to go on the medical mission.

## **FOOD**

Women from the nearby village will prepare breakfast and supper each day (lunch is served when we are at Nuevo Paraiso). These women also receive a tip for their service from the money each person pays to go on the medical mission. The meals are substantial, try not to feel guilty. Eating what is made for us is a way to show the women our appreciation. This too is a way the women make a living and show us appreciation. Do not buy food from street vendors. Please bring granola or energy bars with you for lunch on brigade days; water and pop will be provided.

## **LAUNDRY**

Laundry service is included in the cost of the mission trip. This service comes in handy with our scrubs that we will be wearing for the medical brigades. Again, this is a way women from the village make a living. You cannot do your own laundry, again this supports the local workers.

## **MAKE-UP AND JEWELRY**

Make-up and hair care should be kept to a minimum. Expensive and excessive jewelry should be left at home. Simple watches are recommended. Nuevo Paraiso is a safe and secure area. There are no locks on doors and strangers are unwelcomed in the living quarters. We will be traveling to Tegucigalpa and some rural villages which may not be as safe as the area around Nuevo Paraiso. Be aware and alert as you are whenever you travel in a large city or unknown area.

## **CURRENCY**

US currency and Visa and MasterCard are accepted everywhere in Honduras. There is no need to convert US currency into Honduran Lempiras. It is recommended each person brings \$50 to \$100 with them in US currency...in singles, fives and tens, newer bills with no marks or writing on them are preferred. You can use this to buy small items...a pop, snack, etc. If you plan on purchasing more, bring more money with you. Souvenir shops accept most US credit cards. It is your responsibility to keep cash and credit cards safe. There are no safes in the guest rooms.

## **GIVING TO THE POOR**

Refrain from giving to beggars, many of whom are professionals; even the children consider begging a game. If you want to leave any money or personal belongings behind, leave them with Mae Cruz who will present them anonymously. We will always give items away as either prizes or to everyone present. This creates for a more peaceful environment.

## **SHOPPING**

On Sunday, we will have the opportunity to shop for souvenirs. Basket weaving, leather goods, pottery, hammocks, etc. can be purchased. Since we will be taking empty suitcases back to Cleveland, packing certain items should not be a problem. Souvenir shops accept US currency and most US credit cards.

## **GIFTS AND CANDY**

If you'd like, bring individually wrapped candy (not chocolate), deflated soccer balls, small stuffed animals (beanie babies) or small games (non-electronic) to be used as gifts or prizes. These will be collected to be given out to a large group at one time or to be used for prizes for games with the children. These should be packed with the supplies in the suitcases.

## **COMMUNICATION WITH HOME**

You are welcome to bring your cell phone (many have to because it is their camera). You may wish to contact your carrier to have an international calling/texting plan while you are in Honduras. Holy Family Parish nor Sociedad will be responsible for any lost or stolen items including any technology devices. Callers who need to get a hold of you (for emergencies only please) should call Mae Cruz at 011-504-9955-1000 or Fr. Mike at 011-504-9905-6377. Try to not make your device your focus...enjoy the experience.

## **WEBSITES**

[www.saninos.org](http://www.saninos.org), Sociedad Amigos de los Niños general information and program descriptions

<http://www.holyfamilystow.org/honduras.php> Holy Family Church, Stow website

[www.tsa.gov](http://www.tsa.gov) travel information