

# ULTIMATE VACCINE GUIDE

## Vaccines You Need for a Safe Trip to Latin America with Terra Sur Travels

Traveling with Terra Sur Travels (TST) means exploring the Amazon rainforest, the Galápagos Islands, the Andes mountains, and vibrant cities across Latin America. This guide helps you stay safe, healthy, and ready for anything with the most important vaccine and health advice—organized for your peace of mind.

### Essential Vaccines You Probably Already Have

Before you pack your bags, make sure you're covered for the basics: MMR (measles, mumps, rubella), DTP (diphtheria, tetanus, pertussis), Polio, Influenza, and COVID-19. If you're planning jungle hikes or biking trips, check if your tetanus shot needs a booster.

### Vaccines You'll Likely Need for Your Trip

- Hepatitis A – common and spread through food and water.
- Typhoid – especially if you enjoy street food or explore rural spots.
- Hepatitis B – for longer stays or if you're more hands-on.
- Yellow Fever – a must for jungle trips in Ecuador, Peru, or Colombia. It's a one-time shot with lifelong protection.

### Mosquito Protection & Optional Shots

There's no vaccine for Zika, Chikungunya, or most types of Dengue. Pack a solid repellent with DEET or Icaridin, wear long sleeves, and use mosquito nets in lodges. Malaria meds might be needed for some Amazon regions. Rabies shots are optional, but good to have if you're going off-grid or working with animals.

### Plan Ahead: When to Get Vaccinated

Book a travel clinic appointment 6–8 weeks before departure. Some vaccines require more than one dose. Print and carry your yellow fever certificate if needed—it's your ticket to smoother border crossings.

### Vaccine Tips by Country

- Ecuador: Yellow Fever only for Amazon (not Galápagos).
- Peru: Highly recommended—Hep A, Typhoid, Yellow Fever.
- Colombia: Yellow Fever if visiting Tayrona, Amazon or Llanos.
- Costa Rica: Hep A and Typhoid; Yellow Fever only if arriving from an at-risk country.
- Chile: Only Hep A typically advised. No Yellow Fever zones.

### The Most Important Advice from Terra Sur Travels

Travel requirements can change fast across Latin America. Terra Sur Travels ([www.terrasurtravels.com](http://www.terrasurtravels.com)), based in Quito, Ecuador, keeps information up to date as best we can—but always check with embassies and certified travel health providers before you fly. When in doubt, prepare early and stay informed. We've got your back—just not your vaccines!

Disclaimer: Terra Sur Travels (TST) provides helpful health tips based on trusted public resources. This guide is not a substitute for medical advice. Please consult your doctor and official embassy websites for the latest requirements.