

**THE VANDERBILT DEPARTMENT
OF EMERGENCY MEDICINE**

Handbook

For

**Vanderbilt Faculty, Staff, Housestaff
and Students in Guyana**

June 20, 2011

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Our Program

The Georgetown Public Hospital Corporation (GPHC) is a large public hospital located in the capital city of Guyana. GPHC, in association with the University of Guyana (UG), is the national leader for medical student, general medical officer and specialty resident education within the country. GPHC and UG provide diploma-level specialty training in general surgery and orthopedics in addition to the MMed program in emergency medicine.

Emergency medicine specialty education in Guyana was not formalized prior to the initiation of the MMed program and physicians trained in other disciplines provided emergency care throughout hospitals in Guyana. The specialty of emergency medicine was felt by officials of the Guyana Ministry of Health to be critical to the sustained development and improvement of comprehensive emergency services in Guyana. The Department of Emergency Medicine at Vanderbilt University Medical Center developed a comprehensive plan with the Georgetown Public Hospital Corporation, the Guyana Ministry of Health, the University of Guyana, and Project Dawn to begin emergency medicine education in Guyana. Our program, in cooperation with our in-country collaborators, is seeking to increase health care capacity in Guyana through the development of a sustainable emergency medicine residency training program. This program, formally approved in June 2010, began with the first class of emergency medicine residents at GPHC in October 2010.

This handbook serves as an important resource for all Vanderbilt faculty, staff, house staff and students who are involved in our programs in Guyana. Please closely review this handbook well in advance of your travel to Guyana. Please be advised that you should also be familiar with the rules and regulations of Vanderbilt as described in the Vanderbilt Faculty Manual, Vanderbilt House Staff Manual, Vanderbilt Student Handbook and other relevant human resources documents as these important policies remain in effect during your travel to Guyana.

Introduction to Guyana

Guyana, which means “land of many waters,” is a country located on the northern aspect of South America and borders Venezuela to the west, Suriname to the east and Brazil to the south. The country is a former British colony and was previously known as British Guiana. The official language of Guyana is English, reflecting its colonial origins, and is the only English speaking country in South America. Despite the location of Guyana on the South American continent, it is culturally and economically part of the Anglophone Caribbean community and is often considered a Caribbean country. In fact, Guyana was a founding member of the Caribbean Community (Caricom) and is the host country for the organization.

Guyana is about 83,000 square miles in size, or about the size of Idaho. The capital city of Georgetown is located on the Atlantic coast near the mouth of the Demerara River and has a population of about 240,000. The country as a whole has an estimated population of 772,000. Much of the interior of the country is rainforest and the country has one of the lowest population densities in the world (ranking 225 of 239 listed countries). Major ethnic groups have East Asian, African and Amerindian backgrounds, in addition to smaller groups from Chinese and European extraction.

Guyana is one of the poorest countries in the Western Hemisphere, though its economy has been improving in recent years. Overall, Guyana ranks 127 of 185 listed countries in per capita GDP. Major agricultural exports include rice and sugar. Mining is important for the economy and includes bauxite and gold. Statistical indicators of health status of the population of Guyana lag behind most of the surrounding countries. Guyana ranks 155 of 211 listed countries in life expectancy. Nevertheless, the country has made major efforts in improving the economic and health status of the population in recent years.

Guyana has a tropical Caribbean climate. This typically means hot and humid weather throughout the year. The high is usually in the mid to high 80's with a low in the low 70's. The rainy season is from May to June with a second peak in December and January but it can rain hard any time of the year. Hurricanes do not typically strike Guyana. Guyana is in the time zone that corresponds to GMT -4 and does not observe daylight savings. When it is summer in Nashville they are one hour ahead of us and are two hours ahead in our winter.

Though the tourist industry is experiencing real growth, historically Guyana has not been a major tourist destination. It is often best known to Americans as the site of the Jonestown massacre in 1978, despite the fact that this event occurred in an isolated rural settlement and had little impact on Guyanese life at the time. Guyana does have many features that are attractive for tourism and has had increasing numbers of eco-tourists in particular in recent years. Georgetown is known for its Victorian architecture while wide rivers, pristine jungle and Amerindian villages dominate the interior regions. Guyana has several notable waterfalls including the famous Kaieteur Falls that, with an uninterrupted drop of 741 feet, is known for having possibly the greatest combination of height and volume of any waterfall in the world.



Tourist Guidebook for Guyana:

- Bradt Travel Guide – Guyana. Author Kirk Smock, 2008, reprinted 2010. Available from Amazon.com and other online resources

Internet sites regarding Guyana:

- US State Department: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1133.html
- UK Travel advice: <http://www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/south-america/guyana>
- CIA fact book: <https://www.cia.gov/library/publications/the-world-factbook/geos/gy.html>
- Wikipedia: <http://en.wikipedia.org/wiki/Guyana>
- Guyana.org: general information about Guyana – www.guyana.org
- Guyana Tourism Authority: <http://guyana-tourism.com/blog/>
- Lonely Planet: <http://www.lonelyplanet.com/the-guianas/guyana>
- Guyana newspapers:
 - <http://www.stabroeknews.com/>
 - <http://www.guyanachronicle.com/> (state owned paper)
 - <http://www.kaieteurnews.com/>

Safety and Security

Safety and security considerations are a priority for all participants in the Department of Emergency Medicine's Guyana program. As such, we have developed this overview of safety and security guidelines for travelers to Guyana.

- All participants shall participate in a safety briefing with an experienced team member prior to travel as part of the pre-travel orientation. This will be either as a personal meeting or through participation in a team meeting.
- All participants shall participate in a second safety briefing shortly after arrival in Guyana by the senior onsite team member to provide any updated local information and to reinforce any established policies.
- Participants are required to register their presence in Guyana with the US embassy. This should be done prior to your departure at <https://travelregistration.state.gov>. You can make your own account and register or have Nancy Ingram (assistant for Drs. Wright and Rohde) do it for you with the Vanderbilt EM user ID and password. Either way, please let her know if you have done it yourself or if you want her to do it for you.
- Comprehensive contact information is located in Appendix A. Team members should give a copy of this to their preferred US contact prior to departure. We will also give you more specific emergency contact numbers before your departure. Procedures for how your family or emergency contacts can reach you in an emergency are in this appendix.
- All participants shall fill out an emergency contact sheet and a copy will be given to the senior team leader in Guyana and to Nancy Ingram. The emergency contact information sheet is attached as Appendix B.
- See Appendix C for procedures to follow in case of an emergency situation.
- Please see Appendix D for specific procedures in case of severe weather or natural disaster
- Georgetown is not typically affected by hurricanes. Many (or probably most) parts of Georgetown are below sea level and the area has potential for severe consequences in the very unlikely event of a hurricane. Flooding from heavy rains is much more common and the Georgetown area has had significant flooding at times. Flooding can usually be predicted well in advance and pre-event safety measures can be taken. The team will be informed of safe places to remain in the event of predicted severe flooding but in general the Project Dawn Facility, GPHC, and hotels such as the Cara Suites, the Princess Hotel and the Pegasus Hotel are the best places to remain in the event of severe winds and/or flooding. The Vanderbilt team house is below sea level and the lower level is likely to

experience significant damage in the event of a severe flood. The upper (main) level has remained intact during previous floods.

Mild flooding of streets, including the area around GPHC, is very common following heavy rain and has been encountered by team members on numerous occasions. This is not typically a significant hazard and no specific procedures are required for this type of flooding except to avoid skin contact with water as much as possible (leptospirosis is common in Guyana and is spread via contact with contaminated water).

- Please see the “Health Concerns” section below for discussions regarding health and evacuation insurance.
- Remember that traffic accidents are one of the biggest safety hazards in developing countries. Compounding this problem is undeveloped status of pre-hospital care and transport and trauma facilities. Wear a seatbelt when in a vehicle. When possible avoid vehicles that are in obvious disrepair or don’t have seatbelts. Do not be afraid to ask local drivers to slow down if you feel they are driving too fast for the road conditions.
- Traffic travels on the left in Guyana. It is important to take particular caution when travelling as a pedestrian. Look both ways when crossing a street. Vehicles might not yield to a pedestrian and always assume that pedestrians DO NOT have the right of way.
- Short-term visitors to Guyana are not to leave their residence or workplace for any reason without the knowledge and approval of the team leader or designate. The team leader is to be informed of the departure time, the destination, the route of travel (when pertinent) and the expected time of return. When leaving the residence or workplace it is mandatory that short-term visitors travel in pairs or with a known Guyanese colleague.
 - Note – the restaurants, shops and carts near GPHC (mostly on or near New Market and Middle Streets) do not require specific permission for use during daytime hours while at GPHC. Other travel off the hospital grounds should be done with the knowledge of the senior team member present.
- Short-term visitors are not to leave their residence or workplace at night for any reason unless accompanied by an experienced member of the team or a known Guyanese colleague.
- The US Embassy in Guyana regularly publicizes reports of areas that might have upcoming demonstrations or should not be visited by embassy personnel. The website is at: <http://georgetown.usembassy.gov/warden-messages.html>.
- General safety tips

- Keep your personal possessions secure at all times. At the airport use a TSA approved lock to secure your luggage. Do not leave backpacks or purses lying around where they can be stolen. This includes the hospital and at local restaurants.
- Avoid placing your purse or bag on the back of your chair or at your feet while in a public place. These are easy targets for robberies.
- Know where your passport is at all times. It is best to carry it (along with cash, cards and important documents) in a secure area such as a neck pouch or similar place.
- Carry a cell phone when away from the residence or workplace.
- Be aware of persons loitering for no apparent reason in parking areas, walkways, entrances and exits, and service areas. Report any suspicious persons or activities to security personnel.
- Street crime is a concern in Georgetown. Do not wear expensive watches or jewelry. Be very careful when paying for items not to flash large amounts of cash. Many experienced travelers use an “alternate” wallet with a small amount of cash.
- Do not ever use headphones/earphones when walking or exercising in public areas such as city streets, parks or the seawall. These make it obvious that you are carrying a music player robberies of foreigners have occurred because of this. The use of music players also increases the risk of pedestrian-car accidents.
- Do not have a visible ipod/iphone/cellphone or other gadget when walking or exercising in public places.
- Take extra caution while using internet cafes. Since expatriates frequent these places, robbery might be more common.
- Do not show expensive electronics such as iPods or laptops in public places.
- In the event of a robbery, hand over valuables without resistance to avoid violence. Give away the car keys and leave the vehicle in the event of a carjacking event.
- Do not carry any sort of weapon on your person or in a car.
- Do not get involved in any type of public demonstrations or civil unrest. Immediately safely leave the area in the event a disruption occurs near your location.
- The Stabroek Market in Georgetown is best avoided. Pick pocketing is common and the crowds make personal safety difficult.
- The Promenade Gardens (located between New Market and Middle Streets near GPHC) is open to the public and robberies have occurred in isolated areas. It is best visited in pairs or groups.
- Another area to be avoided is the seawall after dark. This has been the site of attacks on foreigners in the past. The seawall is heavily populated on Sundays after dark so safety is typically improved. Visits on Sundays should only be in pairs or groups and after discussion with onsite team members for safety assessment. Walking or jogging along the seawall between the University of Guyana and the Pegasus Hotel during daylight

hours and in pairs or groups is permitted. Areas of the wall beyond the University of Guyana to the southeast are to be avoided.

- Immediately comply if you think you are being robbed. Even brief resistance can lead to an escalation of the event with possible injury.
- Do not drink to excess in restaurants, bars or other public venues. Public intoxication is prohibited at all times while in Guyana.
- Never accept, buy, or use illegal drugs. This includes marijuana, which is commonly used in Guyana. If you are in the presence of someone who begins to use illegal drugs you should leave the area immediately. The police authorities in Guyana take very seriously the enforcement of narcotics laws and will vigorously prosecute any violations.
- When in a vehicle:
 - Always lock the doors and keep the windows closed when possible. Avoid using your cell phone while in the vehicle. Always put your cell phone, handbag or values under the seat and never on the passenger or back seat.
 - Do not travel to areas if you are not familiar with the safety profile.
 - Be cautious when driving by markets, night drinking places, nightlife areas and drug consuming or selling areas. Use particular caution if near the nightlife scene along Sheriff Street.
 - Always lock the doors and the trunk when leaving the car, day and night.
- General information from the US State Department about safety and security while abroad can be found at:
 - <http://www.state.gov/documents/organization/19795.pdf>
 - <http://www.state.gov/documents/organization/19789.pdf>
 - <http://www.state.gov/m/ds/rls/rpt/19773.htm>

Health Concerns

- Health concerns will be discussed in both the pre-departure and post-arrival safety briefings.
- **IMPORTANT:** Vanderbilt students, faculty, staff and house staff, when traveling on Vanderbilt related business, are REQUIRED to participate in the International SOS (ISOS) program. Note that ISOS is not a health insurance plan but rather a service provider for Vanderbilt in the event that our team members need to secure medical care or medical evacuation or assistance with evacuation for civil unrest, disaster, etc. The website for this plan can be found at <http://www.internationalsos.com/en/> and further details will be given to you at your pre-departure safety meeting. You may also learn more about the program by reviewing the information attached as Appendix E. To facilitate an accurate and efficient response by ISOS for travelers all persons traveling on behalf of Vanderbilt must register their travel information at least 7 (seven) days prior to travel. The website is at: <http://www.vanderbilt.edu/vio/>.
- Schedule an appointment with the Vanderbilt Occupational Health Clinic for an International Travel Exam. This should be done at least six weeks prior to departure but can be done at any time if you are traveling on short-term notice. This evaluation will include specific vaccinations, a medical travel kit, and travel health and safety advice. Vaccines are provided at no charge to Vanderbilt faculty, staff and housestaff traveling on Vanderbilt business. The procedures to be followed are:
 - Go to http://occupationalhealth.vanderbilt.edu/service/International-Travel?sf_highlight=travel and review the information
 - Complete the pre-travel survey located at that site (Drs. Wright or Rohde can sign Section 1, do not give to Dr. Slovis)
 - Fax the survey to OHC at 936-0966 or take to the 6th floor of the Medical Arts Building prior to your appointment
 - Schedule an appointment (preferably 6 weeks before travel) by calling 936-0955
 - **IMPORTANT:** Take a copy of your travel authorization (green travel form) with you to the appointment. They will NOT complete your evaluation without this.
- Please see Appendix F for information about staying healthy in Guyana. Reading this before your appointment at OHC might assist you with any questions you have for the health care providers at OHC.
- The 2010 CDC Yellow Book (health information for travelers) is an excellent resource to review for health care information prior to travel. It can be found at: <http://wwwnc.cdc.gov/travel/destinations/guyana.aspx>. It is highly suggested that this be reviewed before departure.

- International Trip Insurance: It is vital that all participants check details concerning your health coverage with your own personal health insurance carrier prior to travel. The internet link to Vanderbilt Human Resources is at: <http://hr.vanderbilt.edu/benefits/healthinsurance.htm>.
- Blood or body fluid exposure: Please see Appendix G in the event of a blood or body fluid exposure. Please remember that people who have patient care exposure in Guyana should use universal precautions as if they were at Vanderbilt and personal protective equipment should also be used as if you were at Vanderbilt. Please contact the local team leader if you feel at any point that you do not have adequate personal protective equipment including gloves, gowns, masks and other equipment.
- The US embassy in Guyana has an up-to-date list of local health care providers at: <http://georgetown.usembassy.gov/index/local-medical-specialists.pdf>.
- Many visitors to foreign countries will experience what is commonly called “culture shock.” The “W” Theory of Culture Shock states that there are four stages of culture shock including initial euphoria, irritation and hostility, gradual adjustment and adaptation. Some of the symptoms of culture shock include:
 - Homesickness
 - Loneliness
 - Irritability or feeling angry about small things
 - Sleeping a lot
 - Depression
 - Overeating or lack of appetite
 - Inability to study or focus effectively
 - Stereotyping of host country/culture
 - Increase in physical ailments or pains
 - Boredom
 - Unexplainable crying

Understanding the underlying etiology of culture shock and its symptoms are essential in minimizing its impact. Please talk with experienced team members if you feel you are having symptoms of this common problem.

Travel to Guyana

Please see Appendix H for a pre-departure checklist

When traveling on business for Vanderbilt you are encouraged to work with one of the Vanderbilt preferred travel agencies. You can access a great amount of information about Vanderbilt's travel portal at the following link:

http://www.campustravel.com/university/vumc_business/

In the past faculty and staff from the Emergency Department have worked through Anne Lee of Caldwell Travel. (www.travelcaldwell.com; 1-800-229-3344).

Flights: In general, travel to Guyana from Nashville is either on Delta via JFK in New York or on a combination of American Airlines and Caribbean Airlines via Miami and Trinidad. There is a flight that leaves 3-4 times a week on Delta from JFK that leaves late at night (about 12:30 am) and arrives nonstop in the morning in Guyana. The other main route involves taking American Airlines to Miami and switching to Caribbean Airlines (via Trinidad) or taking American to Trinidad and switching to Caribbean Airlines in Trinidad (high risk of missing the connection, carry-on passengers only).

Flights on Delta are usually made online without a problem but flights on American/Caribbean Airlines require two separate reservations as they don't code share so are more difficult.

VERY IMPORTANT: If you are booked on a Delta Airlines flight and used your own credit card to make the reservation, you must take that card with you on your flights. If the flight was booked by someone else (including the Vanderbilt p-card) it is essential that the credit card holder goes to the Nashville airport in advance and shows the card to an agent and has a note placed on the reservation. **Delta is likely to refuse to allow you to board if these procedures are not done.**

The Cheddi Jagan International Airport is located about 25 miles (41 km) south of Georgetown. The code for the airport when making reservations is GEO. **IMPORTANT**: There is an exit tax that must be paid at the airport at the time of departure. This can be paid in Guyanese dollars (\$4000) or US dollars (\$21). Having the exact change is suggested but usually not necessary.

Many travelers will change from Caribbean Airlines to American Airlines in Trinidad on the return leg. Please note that when you do this you will need to go through passport control, customs, and then recheck in at the American Airlines counter. **IMPORTANT** – have a printed copy of your e-ticket or boarding pass for American Airlines with you when you go through passport control to prove that you are only there for transit.

IMPORTANT – if you are traveling on Caribbean Airlines for any portion of your flight it is essential to do web check-in 24 hours before your travel, both on the outbound and inbound portions of the flight. They often overbook and advance check-in helps avoid getting bumped from your flight. It is sometimes a hassle to do this from Guyana before

your departure but it is worth the effort to avoid getting bumped. If internet service is poor consider arranging for someone in the US (assistant, spouse, etc.) do it for you.

Information for those staying in Trinidad:

Some might want to break up the travel day with an overnight stay in Trinidad (airport code POS). This has the added advantage of an arrival time in the morning rather than late night. Missed connections for those traveling via Trinidad are also common and people may need to book a hotel unexpectedly.

Some of the hotel options in Trinidad include:

- The best choice is usually the Holiday Inn Express (phone number 1-868-669-6209 or 1-877-859-5095) by the airport.
- The Bel Air International Hotel is very near the airport but be aware that this hotel has extremely bad reviews on internet websites (40 of 43 reviews on Tripadvisor.com rate it as “terrible”). If you choose to stay there the number is 1-868-669-4771/3, -4013/4.
- Two options farther away from the airport (15-30 minutes drive) include the Hyatt (1-868-623-2222) and Crown Plaza (1-868-625-3361-8 or 1-877-859-5095) among several others.

The Holiday Inn Express has a van for transportation from the airport to the hotel. You need to call the hotel to arrange pick-up but it is not available after 11 pm so you will need a taxi after hours. If you need a taxi, walk straight out of customs and as you exit there is a small stand in the exit hall and a list of prices based upon the hotel. The cost of the short taxi ride to the Holiday Inn is \$26 US. Tips are not standard.

Visa/Passport: As of the drafting of this handbook the government of Guyana does not require a US citizen to have a visa. A valid passport with *at least six months time until expiration* is required. Please check the expiration date on your passport before travel and also make sure there are blank pages available. At this time a work visa is not required for most Vanderbilt participants. We will notify you if your position requires a specific work visa.

Immigration form: You will be given an immigration form (usually distributed on the plane, otherwise they are available before the immigration area of the airport) that must be filled out on entering the country. Most of the required information is self-explanatory. **Important:** You should know the address of the house or hotel where you will stay in Guyana and have it with you on the plane. If you are staying at Project Dawn, you can put down:

17. Countries visited during last six weeks																
18. Intended Address in Guyana (Hotel/Street Address/Apts) P R O J D A W N R A I L W A Y R																
19. City/Town/County L I L L I E N O A A L G - T O W N																
20. Length of stay										abroad (resident, in Guyana)		(visitor)				
21. Purpose of Visit (Visitors only)							22. Accommodation									
<input type="checkbox"/>	Vacation			<input type="checkbox"/>	Study			<input type="checkbox"/>	Hotel			<input type="checkbox"/>	Apt/Villa			
<input type="checkbox"/>	Business			<input type="checkbox"/>	Meeting/ Convention			<input type="checkbox"/>	Guest House			<input type="checkbox"/>	Diver/EcoLodge			
<input type="checkbox"/>	Visiting Friends/Relatives			<input type="checkbox"/>	Sport			<input type="checkbox"/>	Private Home			<input type="checkbox"/>	Bed & Breakfast			
<input type="checkbox"/>	Honeymoon/Wedding										<input type="checkbox"/>	Other (Specify)...				
<input type="checkbox"/>	Other (Specify)															

Signature _____

Date _____

If you will be staying at the Vanderbilt house (Nico’s house) the address is 16 East Courida Park, ECD

You will be instructed at your pre-departure meeting on the proper item to check in section 21 for “Purpose of Visit.” Important - Please note that the immigration officer will almost always ask you specific questions about the purpose of your visit so you should be prepared with an answer to the potential questions. If you check “business,” they will ask about the specifics about what you will be doing so this is usually not recommended.

Those working at GPHC might want to check the “Other/Specify” box and write “volunteer” in the blank as that seems to work well.

Checking the “meeting/convention” box also works well for those who are going to meetings or courses.

You must have a printed copy of your return e-ticket with you when you go to immigration. They often ask when you’ll be leaving and having this handy will help.

If you are staying at Project Dawn please check the “Guest House” box in Section 22.

IMPORTANT – as you leave the baggage claim area and go through customs (as described below) they will always compare your baggage claim ticket with the tag on the suitcase. This is to prevent theft of baggage. It is much easier to have the baggage claim ticket in your hand as you walk out of customs (this is the label they usually affix to the back of your boarding pass when you initially check your bags). Not having this will be a hassle for you and cause a delay. A porter can help with your luggage if desired for a small tip.

Airport transportation: Travel to and from the airport is typically pre-arranged with a driver who will meet you at the airport. You will first go through immigration (passport

control) and exit into the baggage claim area. Pick up your luggage and exit through the customs lines. You will then walk to the outside where people will be lined up to the left and right along a short fence. At this point (usually to the left as you walk outside) you should find your driver holding a sign with your name prominently displayed on it.

We will give you the name and phone number of the driver before departure from the US. If for some reason you do not see a driver waiting for you it is best to contact the driver directly if you have a phone available. If that is not successful contact the appropriate team member (from Appendix A) either in Guyana or in Nashville. There is an outdoor coffee shop (Ritual Coffee) that is located just to the right as you exit the customs area. This is a good place to sit and make calls if needed.

If it is necessary to use a taxi at the airport you should only use a registered airport taxi. Registered taxi drivers will always have an identification badge attached to their shirt pocket and drive a yellow car. Ask the price before you depart. A typical price is \$4000 GYD or about \$20 USD. You should negotiate with this price in mind.

There is a Digicel store to the left as you exit to the outside. You can pick up a SIM card (\$600 GYD, about \$3 US dollars), a phone, or get top-up minutes for your existing SIM card. They stay open until 3 am although it is not always obvious that they are open. Look inside or knock on the door to see if they are open.

Other pertinent information:

There are special Vanderbilt procedures for people who might be carrying Vanderbilt Personal Health Information on a laptop or other electronic media. Please see Dr. Rohde or Dr. Wright if you will be carrying PHI to Guyana.

There is an Export Control office at Vanderbilt that should be contacted if you will be carrying certain items, such as electronics, out of the country. Please notify either Dr. Rohde or Dr. Wright if this is a concern and they will contact the appropriate person in this office (Marcia Williams) about the matter. The website for information about Export Control is at: <http://www.vanderbilt.edu/exportcompliance/index.php>.

Your Stay in Guyana

Housing

Participants in the Guyana program are housed in a variety of locations depending upon the size of the group and the objectives of the visit. Housing options include:

- The “Vanderbilt House.” This is located several miles from GPHC in the Courida Park neighborhood along the East Coast Demerara section of Guyana. The program director lives in the upstairs section. The downstairs apartment is often used by visiting personnel and is fully furnished with a bedroom, kitchen and living room. Air conditioning is present.
- Project Dawn facility. Project Dawn has a large “warehouse-style” clinic that includes dorm-style housing on the second floor consisting of 10 single and double rooms with individual bathrooms. There is a large kitchen, sitting area and balcony. There is reliable air conditioning, electricity and hot water. This is located about 10 minutes from central Georgetown on Railway Embankment Road and is adjacent to the Caricom headquarters. There is 24-hour security. There are no stores or other services within easy walking distance with the exception of a small shack that sells drinks and a few snacks. This is where most Vanderbilt group trip participants stay when in Guyana. The cost is \$16 a night.
- Pegasus Hotel. This is the premier, although somewhat worn, hotel in Georgetown and is often utilized by visiting foreigners, diplomats and wealthier Guyanese. An ATM is located in the lobby along with a bar, gift shop, karaoke bar, and several restaurants. There is a nice pool. Double rooms are about \$160 per night.
- Cara Lodge (34 rooms) and Cara Suites (15 rooms). These are both easy walking distance to GPHC and there are many restaurants and stores in close proximity. Security is considered good. They are about \$125 a night but prices are negotiable, possibly down to \$80/night. The Suites tends to be for longer-term travelers and is a bit farther from GPHC but still easy walking distance. The Lodge has a nice restaurant. Rooms have AC and reportedly wireless internet. Contact: Gavin O’Brien, 592-225-5301, gavin@carahotels.com, www.carahotels.com.
- Princess Hotel (often called by its original name – Buddy’s International Hotel). This is a large (250 rooms) hotel with casino and restaurants. It is about 10 minutes by car from GPHC but on the opposite side of town from Project Dawn. The facility looks very nice and has AC but the rooms are considered a bit dingy.
- Grand Coastal Hotel – this is 8 km out of town but is nice and has a good pool and restaurant. The cost is about \$50 a night. They have AC, filtered water, a fitness center and good security. The contact is Mokesh Daby, 592-220-1091, ceo@grandcoastal.com, www.grandcoastal.com

- **Rima Guest House** - Single room \$28/night (can get meals and laundry done for additional price; 10% discount if you pay up front). Amenities: there are shared bathrooms (10 rooms with 2 bathrooms); they do not have screened windows, fans only, supermarket nearby, wireless in lobby area, about 10 minutes walk from GPHC. Contact: 592-225-7401 OR 592-226-7106, rima@networksgy.com
- **Sleeping Guest House** - Room with fan \$30/night, Room with AC \$40/night, Room with AC and refrigerator \$50/night, Studio Apartment \$60/night, Amenities: can choose if want AC or just fan, complimentary breakfast, wireless internet access, TV, free access to pool and bar at their other branch, 24 hour security guard at entrance, Location: Georgetown, 3 blocks from GPHC, Contact: Clifton Bacchus, 592-231-7667, reservations@sleepinguesthouse.com, www.sleepinguesthouse.com
- **Brandsville Apartment** - Single room \$75/night with breakfast, Apartment \$85/night with no breakfast, Amenities: AC, wireless, TV, safe, refrigerator, pool, bar, 24 hour security, market nearby, Location: Georgetown, Contact: 592-226-1133 OR 592-227-0989, brandsville@gol.net.gy, www.brandsvilleapartments.com

Local Transportation

- Short-term visitors are not to drive in Guyana. Traffic moves on the left side of the road in Guyana and traffic rules are markedly different than in the US.
- Ministry of Health vehicles that are reliable often transport Vanderbilt team members.
- Taxis are readily available. Do not take a taxi unless you are familiar with the service/driver. Some reliable services:
 - Munir Khan – often used for airport transportation. 609 9526 or 231 4913
 - Kumar – often works with/for Munir Khan. 628 8415
 - Sheriff Taxi –226 2155
 - Cool Taxi – 225 6503
 - Indian Chief – 226 7666
 - Sherry Taxi – 231 7777
 - Billy’s Taxi – 222 3634 (located near Project Dawn)
- The fare for a taxi ride is negotiable and it is always advised to decide upon a fare before starting the trip. A reasonable fare for a trip from Project Dawn to GPHC is \$600-800 GYD (this can fluctuate with the price of gas, ask experienced members for a current reasonable price). Tipping is not necessary.
- Short-term team visitors are not to use local bus or other public transportation unless accompanied by an experienced team member.

Communication While in Guyana:

- US cell phones: Most US cell phones from AT&T and T-mobile will function in Guyana and smartphones from Verizon and Sprint might work. You should check

with your carrier prior to travel and you might need to have the international service activated. You can receive phone calls made to your regular cell number while in Guyana and make calls both to Guyana numbers and US numbers. The downside of this convenience is expense. The rate for AT&T is \$2.29 a minute, whether you dial or answer. Remember not to answer your US cell phone if you don't want to pay this rate. This is good, however, as an emergency contact method.

- US smartphones/data services: The data plans of US (AT&T, T-mobile and possibly the others) smartphones will usually work in Guyana. The expense varies by company and type of phone and plan. Emails using a Blackberry are not extremely expensive but will add up over time. iPhone users can expect an extremely high bill (could easily rise to over \$1000) with even fairly minimal use. It is strongly advised that you turn off data roaming on any smartphone unless you are aware of the possible costs of this service. Please see Dr. Wright for advice on use of an iPhone or other smartphone in Guyana.
- Guyana cell phones. A Guyana cell phone is easily obtained (and will be given to some team members). A basic phone is about \$30 and scratch off cards with minutes can be bought almost anywhere. If you have an *unlocked* cell phone available you can buy a local SIM card (\$600 GYD) and use that as an inexpensive option. A Guyana cell phone/SIM card is usually the cheapest option for calling the US and is always cheapest for local calls. Texting is very cheap and universally used.
- Skype. Skype (or similar VOIP services) can be installed on any computer and on many smartphones including the iPhone. This is a great way for communication with home when internet service is available. This usually costs cents per minute and often can be done with video. Make sure your laptop has an installed microphone.
- Internet. Major hotels typically have internet access. GPHC has wireless internet service. There are a number of internet cafes in Georgetown. There are several on East Street a block from GPHC and others on Middle Street. Project Dawn currently has good internet access with a wireless network.

Laundry

There is no laundry service at Project Dawn but there is a washing machine and dryer upstairs in the residential area and another set in the downstairs clinic area. Detergent is not always available so you might want to bring some with you or purchase it locally. Hotels typically have a laundry service or it can be hand washed in the sink.

Money/financial Issues

- General: The amount of money you bring with you will depend upon the purpose of your visit to Guyana, the length of stay, and your personal spending habits. You should discuss this with an experienced member of the travel team prior to

departure. Many people like to bring some cash for souvenirs, which are usually fairly inexpensive.

- Currency: The currency in Guyana is the Guyana dollar (GYD). As of July 2010 there are 206 GYD's to one US dollar. Money can be exchanged at banks and various "cambios" around town. US dollars, however, are widely accepted at most places frequented by short-term visitors so it usually is not necessary to change large amounts of US dollars into the local currency.
- ATM machines. There is a reliable ATM machine (Scotia Bank) located at the Pegasus Hotel in Georgetown that dispenses GYD's only. The transaction limit is \$30,000 GYD but more than one transaction (up to four) can be made on a given card in a single day. Scotia Bank ATM's don't charge a fee if you are a Bank of America customer. GBTI and Scotia Bank ATM machines in Guyana might give cash advances from MasterCard or Visa but this might be unreliable.
- Cambio. There are cambios where you can exchange USD for GYD. This can be done at a bank but there are often long lines and exchange rates are not as good. There is a reliable cambio (Sookraj cambio) located about 15 minutes walk from GPHC at 108 Regent Street (near Waterloo). Please note that the cambio is located inside a general goods store so it is not obvious when you walk past.
- Credit cards: If you plan on using your credit card in Guyana you should notify your bank prior to travel as a change in your pattern of use can trigger a fraud alert and cancellation of your card. It is a good idea to have a credit card with you, even if used only for a backup. Many travelers carry two in separate places in case one is lost or stolen. Credit cards are accepted at the major hotels and restaurants in Guyana. MasterCard can be used to obtain cash at the Bank of Nova Scotia in Georgetown. American Express cards can be used to obtain cash at the Demerara Bank.

Tipping

A service charge is often included in restaurant bills. Do not tip taxi drivers or airport transportation drivers; just give them the negotiated price.

Public Holidays

Please remember that the public holidays in Guyana differ from the US (July 4th is not a holiday in Guyana!) and various services might not be open on these days.

January 1 – New Year's Day

February 23 – Republic Day/Mashramani

Varies – Good Friday/Easter Sunday/Easter Monday

May 1 – Labour Day

May 5 – Indian Arrival Day

May 26 – Independence Day

July (1st Monday) – CARICOM day

August (1st Monday) – Emancipation Day

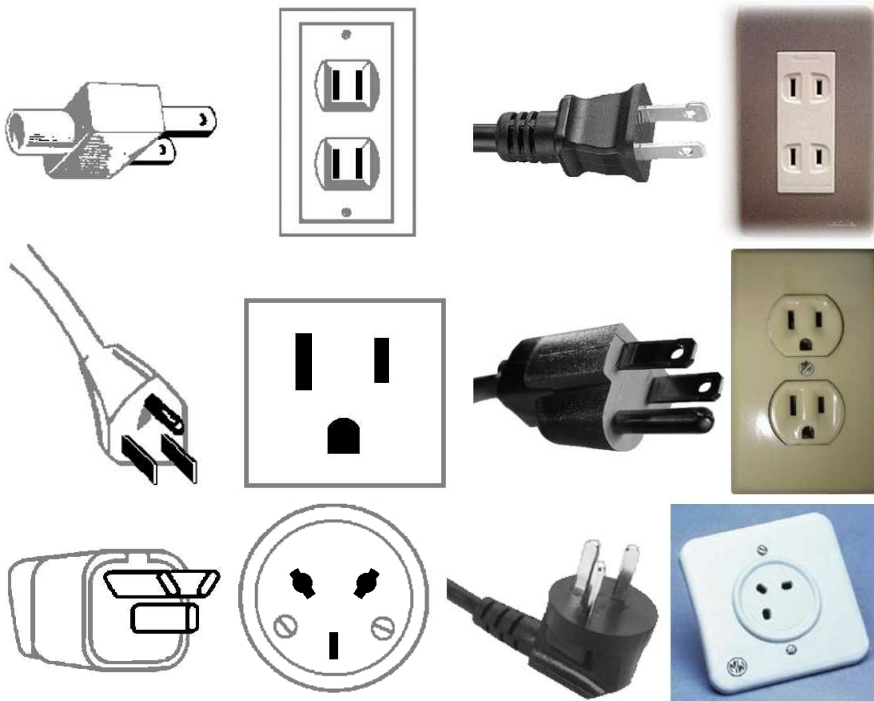
December 25 – Christmas
December 26 – Boxing Day

There are several other religious holidays with variable dates you might want to consider if you have important business meetings scheduled.

It is also important to remember that Carnival in Trinidad can significantly disrupt travel plans to Guyana as planes going through Trinidad can sell out months in advance. This is typically in February or early March.

Electricity

Guyana uses both the 110-125 and 220-250 volt system. Electrical appliances used in the US usually use the 100-125 volt range and might suffer damage if plugged into 220-250 volts. Most hotels and Project Dawn use the types of plugs used in the US (top two figures). You might want to take a British style adapter as in the illustration at the bottom if you will be traveling around a lot.



Tourism

Birdwatching. People with an interest in bird watching can participate in personalized tours both within Georgetown and the surrounding areas. Georgetown itself is well known for the presence of hundreds of species. One local company has information at www.birdingguyana.gy and can be reached locally at 231 5682 or 682 0739 or 645 2739.

Wonderland travel has been used by some travelers. They can arrange a variety of sightseeing tours including river trips and trips to the falls. Their number is 225 3122 and their website is www.wonderlandtoursgy.com.

Clinical Work in Guyana

Some people traveling to Guyana as part of our program will be doing direct patient care or supervision of patient care in the ED or other areas of GPHC. It is required that short-term clinicians at GPHC have medical registration completed before arrival. ***This must be done at least one month in advance of travel.*** The required documents that must be sent to GPHC include:

- The “Application for Registration” should be filled out. This is in Appendix K and an electronic copy can be obtained from Nancy Ingram.
 - For “Type of Registration” put “short-term”
 - For address place both your US address and Dr. Forget’s at 16 East Courida Park ECD. Tel: 222-2414
 - Country of registration refers to your Tennessee license so put this info in that section
- Copy of medical school diploma
- Copy of residency diploma (if applicable)
- Copy of your CV
- Copy of Tennessee Medical license
- Copy of passport photo page

These items need to be sent to Melissa Glenn at GPHC and can be sent to her by Dr. Rohde.

Appendix A

Contact Information

General Calling Information:

How to call the US from Guyana:

Dial 001-1-Area Code-Seven digit number

How to call Guyana from the US:

Dial 011-592-Seven digit number

How to call the US from Trinidad:

You should just be able to dial 1-area code-Seven digit number. If that doesn't work, try 009-1-Area Code-Seven digit number.

How to call Guyana from Trinidad:

Dial 011-592-Seven digit number

Important Vanderbilt Numbers

Vanderbilt Department of Emergency Medicine Offices

1-615-936-0093 (open during business hours on weekdays)

Vanderbilt Emergency Department

1-615-936-0145 (open 24/7, ask for attending)

Vanderbilt Occupational Health Clinic

1-615-936-0955

Vanderbilt International Office

1-615-322-3444

VU Police Department

1-615-322-2745 (emergency 24/7), 1615-343-9750 (general information)

Vanderbilt EM faculty

Seth W. Wright, MD, MPH

Director, Division of International Health

Department of Emergency Medicine

Office phone – 615-936-0075

Cell phone – 615-415-5449

Home phone – 615-377-6042

Email address – seth.wright@vanderbilt.edu

John Paul Rohde, MD

Director, Vanderbilt Guyana Program

Office phone – 615-936-5905

Cell phone – 615- 483-2941
Home phone – 615- 595-7527
Pager number – 615-835-9746
Email address – john.rohde@vanderbilt.edu

Nico Forget, MD

Residency Director, GPHC residency
US Cell Phone – 1-310-499-3217
Guyana home number – 592-222-2414
Email address – nicolas.forget@vanderbilt.edu

Vanderbilt Personnel Guyana Numbers:

John Paul Rohde – 669 0167

Stephan Russ – 601 2702

Seth Wright – 693 5355

Nico Forget – 612 3217 (cell) or 222-2412 (home)

Important Assistance Numbers

HTH (Medical Insurance) 24/7 Emergency Assistance Center

24/7: 1-800-257-4823 or collect at 1-610-254-8771

International SOS (evacuation and other related services)

24/7: 1-215-942-8226 (call collect if needed)

US Embassy - Guyana

Switchboard: 592-225-4900/9 (Mon – Fri, 7:30 AM – 4:00 PM)

Duty Officer: 592-623-1992 (After Hours)

If the Embassy Duty Officer cannot be reached, contact the Regional Security Officer at 592-227-3918 or 592-665-1010.

GPHC Personnel Numbers:

Melissa Glenn (GPHC Education office) –627-1100 (cell)

Mr. Khan (GPHC CEO) – 2261835 (office) or 623 4661 (cell)

Madan Rambaran - (GPHC CMO) – 614-9222

Navin Rambaran (ED Director) – 655 1184

Other Guyana numbers:

Marcie (Project Dawn Facility) – 678 2541

Procedures, in order, in the event a family or other person in the US requires emergent contact with a Vanderbilt team member in Guyana:

- Call the team member's direct Guyana cell number (if they have one) using the US to Guyana calling instructions as above (text messages also work)

- Call (or text) the team member's US cell phone if they have service in Guyana (AT&T or T-mobile service)
- Call the onsite team leader's cell phone. All team members will give their home contacts this number or another emergency number before departure
- Contact a Nashville based member (usually Dr. Rohde or Dr. Wright) using the contact information given above

Appendix B

Emergency Contact Sheet

Your Name:

Passport Number:

Your emergency contact information:

Name of primary emergency contact:

Relationship to you:

Address:

Home phone number:

Cell phone:

Other contact number, if any:

Email address:

Name of secondary emergency contact:

Relationship to you:

Address:

Home phone number:

Cell phone:

Other contact number, if any:

Email address:

Please give a copy of this to Nancy Ingram (assistant to Drs. Wright and Rohde) before your departure.

Please bring a copy of this to Guyana and give to the team leader onsite.

Appendix C

Procedures in Case of an Emergency Situation

Exact procedures will vary depending upon the nature and urgency of the situation and team members must use their best judgment in how best to manage the acute situation.

- Secure a safe location. This is particularly important in the event of a natural disaster or civil unrest.
- Safeguard the well-being of other team members
- Contact the local Guyanese authorities (if appropriate). Please be aware these are not reliably functional services.
 - Police – 911
 - Fire – 912
 - Ambulance service – 913
- Contact relevant Vanderbilt team members both in Guyana and in Nashville and apprise them of the situation. Use the communication list in Appendix A as needed.
- Obtain medical care of involved personnel as indicated. Appropriate hospitals in Georgetown, depending upon the nature of the emergency, include:
 - GPHC
 - St. Joseph Mercy Hospital
- Contact ISOS if an emergency evacuation is required or being considered (1-215-942-8226, call collect if needed). Please see Appendix E for specific ISOS information. They can be called for general medical advice or to arrange evacuation in the event of a medical or security emergency.
- The decision as to whether or not emergency evacuation will be required will typically be made by the Vanderbilt team leader in conjunction with ISOS. Team leaders in Nashville (usually Dr. Wright or Rohde) are to be immediately notified if any team member is to be emergently evacuated.
- Contact the VU Police Department dispatch at 1-615-322-2745 as needed in a critical situation.
- Contact the US Embassy in Guyana, if appropriate, at 592-225-4900 ext. 4222 (Mon – Fri, 7:30 AM – 4:00 PM) or Duty Officer: 592-623-1992 (After Hours). If the Embassy Duty Officer cannot be reached, contact the Regional Security Officer at 592-227-3918 or 592-665-1010. This is mandatory in the event of a death, life threatening medical emergency, police arrest or kidnapping of a team member.
- Notify the emergency contact number of the involved team member (if appropriate)

Appendix D

Procedures for Severe Weather or Natural Disaster

It is important that all team members be aware of the proper procedures in the event of severe weather or natural disaster (tsunami, earthquake, etc.).

- Flooding is by far the most common natural disaster in Guyana. This is usually from heavy rains rather than from hurricanes which have not historically struck Guyana. Severe flooding usually can be predicted in advance and procedures should be implemented to avoid flood prone areas.
- In general, it is advisable to stay where you are if you are safe until the safety of roads and other infrastructure is better determined.
- Get in touch with the local Vanderbilt team leader by phone as soon as possible if conditions allow to apprise of your location and safety
- If unable to get in touch with the local team leader, get in touch with the lead faculty in Nashville (usually Dr. Rohde or Wright) or any other Vanderbilt source (consider calling the ED attending at 615-322-0145) to apprise of your location and safety.
- Activate the emergency situation plan (Appendix C) as indicated by the situation
- Meeting locations in the event of an weather or disaster emergency are:
 - Primary – The primary Vanderbilt faculty residence (home of onsite team leader).
 - Secondary – The Emergency Department at GPHC
 - Tertiary – the Project Dawn facility
- The primary site might not be the most appropriate site in the very unlikely event of a hurricane. Team members will be counseled regarding the preferred meeting site in advance of a predicted hurricane.

Appendix E

ISOS Information

All travelers are to register their travel to Guyana at the Vanderbilt International Office. Go to <http://www.vanderbilt.edu/vio/> and follow the “International Travel Registration” link which will allow you to register with ISOS.



Welcome

You're now a member of International SOS.

Rest assured. You now have your very own personal, medical, and security assistance advisor for emergencies, as well as routine advice when outside your home country.

Reach out to International SOS if you need a routine referral, lose your medication, or have a medical or security crisis. International SOS is here to help and ensure you get what you need anytime, anywhere. That's what we do best.

Keep this card handy as you travel, live, and work. It contains your membership number and phone numbers to access International SOS 24/7/365.

Visit www.internationalsos.com, enter your membership number, and discover all that International SOS can do for you.

Worldwide reach
Human touch



If you need medical or security advice or assistance, call us 24 hours a day, 7 days a week (call collect where available):

Philadelphia +1.215.942.8226 Singapore +65.6338.7800
London +44.20.8762.8008 Sydney +61.2.9372.2468

www.internationalsos.com

Vanderbilt University
Scholastic Comprehensive Membership
11SGM00066



When you need help, we'll be here for you.

ON CALL, ONLINE AND ON THE GROUND, 24/7/365.

For more than 20 years, we've been helping our members stay healthy, safe, and secure. Our worldwide reach spans 70 countries with 26 Alarm Centers, 26 clinics, and a fleet of air ambulances. The medical and security expertise of our multilingual staff assures you of the very best assistance and care.

When do I use this membership?

Before you leave, prepare yourself:

- Access accurate, real-time information on www.internationalsos.com. View country guides, online medical and security reports, and sign up for health and safety e-mail alerts.
- Call an Alarm Center for pre-travel information (i.e., vaccination, required medication and travel security concerns).

While abroad, stay healthy, safe and secure.

Contact us when you:

- Seek health, safety, and security advice
- Need to speak with an experienced, Western-trained doctor or security specialist
- Need a local doctor or other provider credentialed by our medical staff
- Require supplies of medication or equipment
- Need travel advice on loss of travel documents or legal assistance

In an emergency, call us right away to:

- Arrange medical transportation or care
- Coordinate medical fees, when approved
- Monitor your condition and advise
- Evacuate you to a center of medical excellence if local care is inadequate or to a secure location
- Provide help if your safety is at risk
- Contact your family

Your membership entitles you to access a powerful resource for worldwide medical, security, travel, and emergency assistance. **Take advantage of it!**

Control Risks



Medical advice and assistance provided by International SOS

Security advice and assistance provided by a joint venture of International SOS and Control Risks

Fold

Appendix F

General Health Advice

It is important that you schedule an appointment with the Vanderbilt Occupational Health Clinic at least six weeks before your planned travel to Guyana.

Specific health information about Guyana from the CDC is available at:

<http://wwwn.cdc.gov/travel/destinationGuyana.aspx>

You should make sure you have adequate supplies of all of your medications and take enough for the entire trip. Some basic medications can be purchased in Guyana but many are not available and quality can not be ensured. It is best to carry-on your medications as they can be permanently lost if checked in luggage.

Practice safe health practices similar to those that are recommended for home and work:

- Wash your hands frequently. This is possible to do while working at GPHC but you might want to take a hand towel if you are working in the ED as there is usually water and soap but they use shared towels.
- Consider taking a hand sanitizer with you. This will need to be taken in checked baggage as it cannot be hand carried.
- Continue with usual cough and sneezing hygiene precautions while traveling
- Guyana is fairly near the equator and the sun is fierce. Use adequate sun protection.
- Use seatbelts
- Drowning is a major cause of death in travelers. Do not swim if you are uncertain about your abilities.
- Do not participate in unsafe sex practices.

Vaccinations

- **Routine Vaccinations.** The OHC provider will review your routine vaccinations and update those that are needed, including tetanus and measles. An influenza vaccine (depending upon time of year) is highly recommended before travel. Illness from influenza while in Guyana will be very concerning as health care providers there will need to consider other illnesses such as dengue and malaria in the differential. It is best avoided through vaccination.
- **Hepatitis B.** All Vanderbilt health care employees should already be vaccinated for Hepatitis B. Hepatitis B is much more prevalent in Guyana than the US so ensure you have had the vaccine, particularly if you will be doing direct patient care. Non-healthcare workers will get advice from OHC about this vaccine.
- **Hepatitis A.** Most adults in the US have not been vaccinated for Hepatitis A and may not be immune from natural disease (children are currently vaccinated but this has been routine only the last few years). Hepatitis A is very prevalent in Guyana and risk of transmission from food or water is very high. Mortality rates

from Hepatitis A rise markedly as we age and are quite high as we approach 50 years of age. Two injections, separated by 6-12 months, are suggested but some immunity is conferred by even one vaccine. This vaccine is strongly recommended by the CDC for travelers to Guyana.

- **Typhoid.** Guyana is endemic for typhoid. Typhoid is spread in food and water and is an extremely serious illness with significant morbidity and mortality. Vaccination is strongly recommended by the CDC for traveler to Guyana. The injection is good for 2 years while the oral vaccine lasts 5 years.
- **Yellow Fever.** Guyana is on the list of countries with risk of yellow fever transmission (per CDC and WHO) and the vaccine is recommended by the CDC. Yellow fever is spread by day biting mosquitoes and these bites can be difficult to avoid. The Yellow Fever vaccine is given by the Vanderbilt Travel Clinic through an arrangement with OHC who will arrange this for you if needed.

Important note: Guyana will permit travelers coming from the US to enter if they have not had the yellow fever vaccine but not if you have been to certain yellow fever risk countries within a defined period of time (see <http://wwwnc.cdc.gov/travel/yellowbook/2010/chapter-2/yellow-fever-vaccine-requirements-and-recommendations.aspx> for a list). In other words, if you have recently traveled to a yellow fever endemic country and don't have proof of vaccination, Guyana has the right to deny you entry (and place you in quarantine) although this has been said to be very unlikely. This is not a concern if you come directly from the US and have not had international travel within the past few weeks.

Also, people who have traveled to Guyana can be refused admission to many countries (including Trinidad and Barbados) if they do not have proof of vaccination. If you are planning on travel to countries outside the US within several weeks after travel to Guyana be careful to research this if you choose to not get the yellow fever vaccine as some will deny entry (Asian countries are well known to do this).

- **Rabies.** Pre-exposure prophylaxis is usually recommended for long-term travel or those at high risk, such as veterinarians or cavers. OHC can discuss this with you.

Malaria

Malaria is an extremely serious disease that is spread by night-biting mosquitoes. The fatality rate from malaria is quite high and non-immune travelers are particularly prone to severe disease or death. For Guyana, the CDC recommends prophylaxis for people visiting rural areas under 900 meters. This would exclude the capital city of Georgetown with almost everywhere else in the country considered at risk for malaria. Please discuss your need for malaria prophylaxis with the OHC.

Malaria has an incubation period of about 10 days at minimum but can occur much later (rarely months). Symptoms can easily occur after you have arrived home (and will always occur following return home in people with very short trips) so always inform medical professionals of your travels to Guyana if you experience fevers after returning. Anyone with malaria has a medical emergency and requires immediate treatment.

Some of the common signs and symptoms of malaria include:

- Fever. Sometimes intermittent and on occasion are cyclical. Any fever after travel to Guyana should raise the concern for malaria.
- Severe chills and myalgias
- Headache
- Occasional cough and GI symptoms
- Rash is NOT usually seen with malaria

Dengue

Guyana is highly endemic for dengue, a mosquito-borne viral disease, and Vanderbilt team members have been diagnosed with dengue in the past. Dengue is spread by a day biting mosquito and has a short incubation period of about 3 to 7 days. Most cases of dengue are not life threatening but the infection is very uncomfortable (like severe flu). Dengue can, however, be life-threatening or fatal and avoidance is best (see mosquito section below).

Signs and symptoms of dengue include:

- High fevers
- Severe myalgias
- Retroorbital pain and headache
- Rash in about 50%, often starting as maculopapular, often petechial

Treatment of dengue is supportive.

Mosquitoes

There are a number of diseases (malaria, dengue, filariasis, yellow fever, etc.) that are spread by mosquitoes in Guyana. These can range from serious to life threatening. At the least, mosquito bites are uncomfortable and can make one miserable.

It is best to avoid mosquito bites as much as possible but this can be difficult. The facilities where Vanderbilt participants usually sleep have screens and there are not a lot of mosquitoes. GPHC used to have a lot of mosquitoes in the ED but that seems much improved on recent visits. The CDC has information on mosquito avoidance at <http://wwwnc.cdc.gov/travel/yellowbook/2010/chapter-2/protection-against-mosquitoes-ticks-insects-arthropods.aspx>. Some general avoidance advice:

- Both day and night biting mosquitoes can spread diseases
- Do not open windows in the area you sleep unless there is an intact screen.
- Sleep under a mosquito net if there are mosquitoes in your room
- Use a good mosquito repellent (see packing list for further advice on types to

- take)
- Consider wearing permethrin treated clothing
 - Many mosquitoes are ankle biters. Use repellent on these areas.

Diarrheal and GI Illnesses

Diarrhea is extremely common with about 50% of travelers getting a GI illness on a two week trip even if care is taken. Most of these illnesses are mild but they are always inconvenient and occasionally serious. The CDC has good advice on this subject at: <http://wwwnc.cdc.gov/travel/yellowbook/2010/chapter-2/travelers-diarrhea.aspx>.

- Do not drink tap water while in Guyana. Bottled water is readily available. Tap water is safe to drink if boiled first (coffee and tea typically are safe). Commercial beverages (beer, sodas, canned juice, etc.) are generally safe to drink.
- A common rule of thumb for food is: **If you can't boil it, cook it, or peel it, then forget it.** Beware of buying food from street vendors or any establishment where you might question how the food was prepared. Also beware of eating things that may have been washed with the local water supply (fruits/salads etc.).
- Ice served at restaurants should be avoided unless you can be sure that it was made from a safe source and has been properly stored.

Appendix G

Procedures for Blood/Body Fluid Exposure

Vanderbilt team members should be familiar with the Vanderbilt Occupational Health blood and body fluid procedures prior to departure. These can be reviewed at http://occupationalhealth.vanderbilt.edu/article/exposure-to-blood-and-body-fluids?sf_highlight=blood+body+fluid.

GPHC has a well-developed PEP policy that is very similar to that used at Vanderbilt. A copy of the GPHC protocol is available in the ED at GPHC (back wall of the trauma room) and the health care providers there are familiar with the procedures. Post-exposure prophylaxis is available onsite at GPHC.

The overall prevalence of HIV in Guyana is about 2.5%. The prevalence of other blood-borne pathogens such as Hepatitis C is unknown.

Exposures can be due to needle sticks, from scalpels and other sharp instruments, or by a splash on exposed skin or mucus membranes.

Procedures to be followed in the event of an exposure include:

- **First aid** - allow puncture sites to bleed -clean wounds with soap and water- flush eyes, nose or mouth with water for 15 minutes.
- **Identify the source of the exposure** - Get the name and medical record number (this is the number in the logbook) of the person who is the source of your exposure.
- Immediately notify the senior Vanderbilt team member in Guyana of the exposure.
- **Obtain medical care** - Medication to prevent HIV infection is best if given during the first 1-2 hours after exposure but may be given up to 24 hours after the exposure
 - Medical care will be done at GPHC by the GPHC attending physician and/or Vanderbilt physicians as appropriate. If a Vanderbilt physician is not immediately available it can be done in consultation with a Vanderbilt Occupational Health or Emergency Department physician.
 - The Vanderbilt team leader will have a supply of approved HIV prophylaxis medications and will administer them as appropriate based upon current CDC guidelines. If needed, this will be done in consultation with the oncall Vanderbilt Occupational Health clinician.
 - The Vanderbilt team leader will have access to a rapid HIV kit and will obtain a rapid HIV test on the source patient in conjunction with GPHC staff using guidelines for HIV testing at GPHC
 - Contact the Occupational Health clinic at your earliest convenience at 615-936-0955 and discuss the exposure with a clinician so that they can document the exposure and also guide the needed treatment and follow up.

- Report the exposure/injury to the VU Office of Risk and Insurance Management by completing the Tennessee First Report of Injury Form. This is available at <http://occupationalhealth.vanderbilt.edu/service/treatment-for-exposure-to-human-blood-body-fluids>

Relevant phone numbers for questions:

Vanderbilt Occupational Health – 615-936-0955

Vanderbilt Emergency Department – 615-322-0145

Risk Management – 615-936-0660

Appendix H

Pre-Departure Checklist

- Complete all of your pre-travel health care needs at the Occupational Health Clinic as described in the “Health Concerns” section.
- Complete and sign a Vanderbilt Travel Authorization Form (green travel form).
- Check validity of passport. Ensure it has empty pages and ***greater than 6 months before expiration***
- Familiarize yourself with Guyana using the resources listed in the Introduction
- Safety and health briefing with senior team member
- Register your visit with the US embassy in Guyana. The website is: <https://travelregistration.state.gov>.
- Register your upcoming trip via the ISOS online portal seven days in advance of your departure. This can be done at <http://www.vanderbilt.edu/vio/>
- Review the contact information (Appendix A) and give a copy to your local emergency contact person(s)
- Obtain the number of your Guyana cell phone (if available) and give to your emergency contact person(s)
- Fill out the contact information in Appendix B and give to Nancy Ingram (assistant to Drs. Rohde and Wright) at Vanderbilt. Make a copy and take with you to Guyana
- Review the entire Vanderbilt Guyana handbook in detail. Carry a copy with you on the plane (particularly the contact information in Appendix A)
- Let Dr. Rohde or Dr. Wright know if you will be carrying a computer or drive that contains Vanderbilt Personal Health Information or have issues relating to export control
- Review the US State Department information on safety and security while traveling
- Review the CDC information on healthy travel
- Review the HTH health insurance policy
- Review the packing list (Appendix J) to make sure you have packed all necessary items
- Notify your bank if you are planning on using your credit card in Guyana
- Make at least three copies of your passport – one to give to Nancy Ingram at Vanderbilt, one to give to your team leader in Guyana and one to keep in your luggage
- Review your travel arrangements including:

- Flights
- Interim hotels, if any
- Planned airport transfers
- Your planned living quarters in Guyana (have the name and address available on the plane for the immigration form)

Appendix I

Checklist on Arrival in Guyana

- Call home to the designated Vanderbilt contact (to be given prior to departure) to notify them of your safe arrival
- Give your emergency contact information sheet (Appendix B) to the team leader
- Give your team leader a photocopy of your passport
- First day orientation to be given by team leader.
- Learn the primary, secondary and tertiary meeting locations in the event of an emergency
- Obtain a cell phone (certain employees only). Ensure that you are familiar with its use and that relevant numbers are added to the contact list on the phone
- Give your cell phone number to other team members and to your emergency contact at home, if not already done
- Make sure you have a copy of the communication plan and have reviewed it in case of an emergency

Appendix J

Packing list for short-term travelers

- Try to make a balance between packing light and taking what you need
- Lightweight duffle or rolling suitcase is best.
- Plan on taking at most one checked bag. We might need you to use your second bag allotment for team equipment. Delta Airlines and Caribbean Airlines currently both allow up to two checked bags for international travel with a maximum weight of up to 50 lbs per bag without charge. Please check the website as these rules can change. Excess baggage charges can be very expensive and you should be very careful to keep your baggage weight under this amount. The lighter your bag the better!!! (Important: if you fly American Airlines to Miami and then change there to Caribbean Airlines, American will probably charge you domestic baggage fees of \$25 for the first bag and \$35 for the second).
- Delayed luggage is very common. Please carry-on with you essential things such as meds and a change of clothes. Make sure this is small enough to fit into the overhead compartment or under the seat.
- Do not check anything that is valuable in your luggage. Theft at the airport is uncommon but a potential problem. Don't take anything with you that would be a major problem if was lost or stolen. It is best to leave things like expensive jewelry at home.
- Bring your passport. You will not be able to leave Nashville without one. PLEASE make sure there is at least 6 months left before it expires and has several empty pages. A lost passport can be a major headache. Always know where it is and don't leave it lying around.
- Put a copy of your passport in your suitcase. Also bring an additional one to give to the team leader on site. Also, please give a copy of your passport to Nancy Ingram (assistant to Dr. Wright and Rohde).
- Bring your yellow international certificate of vaccination if you have one. They are typically given out at the time of yellow fever vaccination.
- Do not even consider taking anything that is illegal, such as illegal drugs, guns, etc. US jails are bad. Guyanese jails are much worse.
- Many people hand wash clothes on short-term visits but you might be able to pack enough to wear fresh clothes every day without washing if it is a short trip. Most places you will stay will have a washing machine or laundry service. You might want to take a small bag of laundry detergent. Project Dawn usually has detergent at the facility.
- Clothing for hot weather is needed. It is best to take fast drying synthetics as it is very muggy. Synthetics are also faster to dry if you hand wash. Many people find jeans too heavy for the weather. Lightweight nylon pants with zip off legs that convert to shorts are popular and help save space as well as weight.
- Hat for rain/sun good idea.
- Sensible shoes are good. Consider bringing two pairs in case one gets wet. A pair of sandals is also very good for walking around the lodging. A pair of waterproof shoes/boots might be considered, particularly if you are going in the rainy season.

The locals often use the knee high rubber gum boots (Wellies) when the streets flood during the rainy season. They can be purchased locally for people interested.

- Dressing appropriately in Guyana requires a balancing act between managing the potentially uncomfortable heat and humidity and the requirements of local social acceptability. Professionals in Guyana take the appearance of their clothing very seriously, and will wear suits and ties or ladies business suits even in 90 degree weather.
- When in the hospital environment or teaching in our courses, we would recommend the following:
 - Men should not wear shorts or T-shirts. Khaki pants or other light weight pants with a short sleeved shirt with a collar would be ideal. Scrubs are quite acceptable when working in the hospital. Most Guyanese men do not wear tennis shoes as casual/work attire. Long sleeved dress shirts, ties, and jackets will not be needed. Even if we have a nice dinner out with the team, a collared shirt should be just fine.
 - Women in Guyana tend to dress quite modestly compared to the US and our women team members should take this into account when choosing wardrobe. Revealing outfits or short skirts or dresses are not considered appropriate in Guyana.
 - Women should also avoid shorts and T-shirts/tank tops. Light weight pants, skirts, or dresses are ideal and scrubs are also OK.
- For both men and women, definitely bring shorts, T-shirts, etc for times when we are in our facility or taking tours of the country. Do bring swimwear as well as there may be opportunities to swim in pools, rivers or lakes.
- Be aware of T-shirt logos as some may be offensive to the Guyanese, and avoid anything political or nationalistic. Please do not bring camouflage. When moving around in the city, for women in particular, it is important to realize that showing too much could attract unwanted attention and create a safety concern.
- Some places to get good travel clothes:
 - REI – store in Brentwood or rei.com. The online REI outlet has discount stuff
 - Cumberland Transit on West End road
 - Travelsmith.com or magellans.com – have good selection, great stuff, mostly fairly expensive
 - Landsend.com and llbean.com have a lot of travel clothes that are cheaper
 - Sierratradingpost.com – great discount stuff, hit or miss.
- You might want a light sweater or fleece. We often have long layovers in Miami or New York and the airport can be cold. Some people find Project Dawn a bit chilly at times.
- Project Dawn often has soap but not always so consider bringing a small bar.
- Project Dawn and other places usually have towels and linens.
- Some of the many pharmacies near GPHC have a good stock of toiletries such as toothpaste and shampoo but might not have your preferred brand. Some items, such as contact lens solutions or tampons might be harder to find. The “Medicine

Chest” pharmacy on Middle Street has a particularly good selection of familiar toiletries.

- Take any meds you take routinely or think you might need. Always carry-on any important meds. We sometimes have common meds such as antibiotics and diarrhea meds available but you might want a personal supply. Some meds you might want to consider:
 - Tylenol or Ibuprofen.
 - Diarrhea meds – Pepto-Bismol, Imodium
 - Nausea meds – phenergan, zofran
 - Antibiotics – cipro, zpack
 - You do NOT need to bring HIV PEP. We will always have that if people are involved in patient care.
 - The local pharmacies have a good supply of basic meds which are available without a prescription and are usually inexpensive. Quality cannot be guaranteed and counterfeit drugs are a risk.
- Umbrella – lightweight travel umbrella good idea. It rains very hard. Some also like to use one when walking on sunny days.
- Consider a very light rain jacket.
- Bring sunscreen. The sun can be very harsh. Sunburn is not fun.
- Take some good mosquito repellent with you as they are very vicious in Guyana. Dengue is common in Guyana and is spread by day biting mosquitoes so daytime protection is also vital. I would NOT rely upon regular Skin-so-Soft by Avon (the version with repellent is listed below and is also not that effective compared to others). It is one thing in Nashville to get bitten but another thing in a place where they spread serious illnesses. I have had good success with Ultrathon cream (see photo below) or try the other high-rated ones listed below.

Recommendation	Rank	Product	Cost per ounce	Active ingredient	Overall score	Effectiveness (hours)			
						Aedes mosquitoes	Culex mosquitoes	Ticks	Damage to materials
<input checked="" type="checkbox"/>	1	Off Deep Woods Sportsmen II	\$1.25	deet 30%	98	8+	8+	8+	<input type="checkbox"/>
<input checked="" type="checkbox"/>	2	Cutter Backwoods Unscented	1.33	deet 23%	98	8+	8+	8+	<input type="checkbox"/>
<input checked="" type="checkbox"/>	3	Off FamilyCare Smooth & Dry	1.63	deet 15%	98	8+	8+	8+	<input type="checkbox"/>
<input checked="" type="checkbox"/>	4	3M Ultrathon Insect Repellent 8	1.67	deet 25%	98	8+	8+	8+	<input type="checkbox"/>
<input checked="" type="checkbox"/>	5	Repel Plant Based Lemon Eucalyptus	1.94	oil of lemon eucalyptus	97	8+	8+	8+	<input type="checkbox"/>
<input checked="" type="checkbox"/>	6	Natrapel 8-Hour with picaridin	2.00	picaridin 20%	87	7	8+	8+	<input type="checkbox"/>
	7	Avon Skin-So-Soft Bug Guard plus IR3535 Expedition SPF 30	3.50	IR3535	73	5	8+	8+	<input type="checkbox"/>
	8	Bite Blocker Xtreme (Organic) *	1.34	plant oils	56	3	8+	7	<input type="checkbox"/>
	9	Cutter Skinsations Clean Fresh Scent	1.04	deet 7%	55	4	6	7	<input type="checkbox"/>
	10	Burt's Bees All Natural Herbal	2.00	plant oils	24	1	5	2	<input type="checkbox"/>

* "Organic" has no meaning in this repellent.



- Mosquito nets are advisable for some locations. Project Dawn has good window screens but on recent visits people have had mosquitoes in their rooms at night. If you do bring one you might want to consider one similar to the one below (available at www.longroad.com). We will discuss the need for nets on an individual basis with you depending upon where you will be staying and recent experiences.



- Toilet paper. This will almost certainly be available in your lodging but if you are somewhere else (the hospital, restaurants) it probably won't be present. The small Kleenex packs are useful for this and easier to carry than a roll.



- Some people like to bring wet wipes.

- Some people like to bring some alcohol based hand cleaner and is a good idea for hygiene. Don't try to carry it on the plane.
- Earplugs – might be noisy. I like the foam ones.



- Eye shades. Might be bright in some of the rooms. You might like them if for some reason you might be sleeping during the day (for those who might be in the ED at night)
- Snacks – going to Guyana usually requires long travel days so consider taking some with you for the travel days. Once in Guyana, meals are usually provided but if you graze all day you might want to consider taking some of your favorite snacks with you. Some people also like to take a big bag of their favorite munchies for everyone to snack on.
- Games, cards, etc.
- A water bottle is nice, not mandatory
- Consider bringing the little Crystal Light packets. Very nice when you're trying to stay hydrated.



- Laptop - You can definitely bring your computer or iPad if you want. Wireless internet is often available. But remember that they are heavy and you will have to carry it on a lot of flights. Do not bring one if it would devastate you if it got lost or stolen! Important: if your laptop has any Personal Health Information on it there are specific procedures that **MUST** be followed. Please discuss this with Dr. Wright or Rohde before travel.
- Camera. Definitely bring a small digital camera with enough memory and a charger or spare battery.
- iPods are great. Again, don't bring it if it would devastate you if lost or stolen.

- Don't forget rechargers for things. Bring spare batteries if you might need them although they can be bought if needed.
- Your cell phone will probably work in Guyana if you have AT&T or T-Mobile. It may or may not work if you have Sprint or Verizon. Please remember that rates are high (about \$3 a minute or so with ATT.) If you have an iPhone it will probably work in Guyana and you can surf the web. You will also potentially get an extremely large bill if you spend any time surfing the web so be careful. Blackberries on ATT or T-mobile will probably work and are not exceedingly expensive if just used for email.
- Take a small flashlight. The really small LED ones are nice. The small Petzl headlamps are also good.
- Bring anything that you might want for clinical work itself if pertinent – stethoscope, otoscope, pens, trauma shears, lights, etc. The tiny pulse oximeters by Nonin can be very useful. If you think you will be doing suturing or other procedures you might want to bring a headlamp.
- Money – you do not need a huge amount of US currency. It has been suggested that amounts of \$100-200 are adequate for snacks, drinks, and souvenirs. Discuss this with an experienced team member.
- It is recommended that if you travel with cash and valuable items such as a passport that a neck or waist pouch is more secure than a purse or backpack for valuable items.
- Credit cards – Not usually needed in Guyana for most people but always bring for emergency use. Also useful in New York or Miami airport. It is typically best to call your credit card company before international travel so it does not get cancelled for security reasons.
- ATM card – as above.
- Take a few pens with you, more if you lose them a lot
- Small travel clock. Or a watch.
- A book. There is a lot of down time.
- Photos of family are nice to show people you meet.

You can go to <http://www.ricksteves.com/plan/tips/packlist.htm> for some other packing tips or just google “travel packing list” or similar search term.

Appendix K

APPLICATION FOR REGISTRATION

NAME:
SURNAME FIRST NAME OTHER

DATE OF BIRTH: SEX: Phone No:

ADDRESS:
Lot No. Street Dist./Ward

.....
Town/Village Region

NATIONALITY:

MARITAL STATUS:

TYPE OF REGISTRATION: Full () Institutional ()
Internship () Short-Term ()

QUALIFICATION/S:
DEGREE UNIV. COUNTRY YEAR

ADDITIONAL QUALIFICATION:

SPECIALTY:
TYPE COUNTRY YEAR

MY PASSPORT NUMBER:

EXPIRATION DATE OF PASSPORT:

CITIZEN OF:

COUNTRY OF REGISTRATION:

DATE OF REGISTRATION:

EXPIRY DATE OF REGISTRATION:

E-MAIL ADDRESS:

SIGNATURE: