



Florida/Caribbean AIDS Education and Training Center

HIV CareLink

A Newsletter for HIV/AIDS Primary Care Providers

ABOUT US

The Florida/Caribbean AIDS Education and Training Center provides state-of-the-art HIV education, consultation, and resource materials to health care providers in Florida, Puerto Rico and the US Virgin Islands.

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Travel Recommendations for the HIV-infected

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With the advent of potent antiretroviral therapy and in the current era of globalization and ease of air travel, more and more HIV-infected individuals are traveling each year, sometimes to remote and resource-limited regions of the world. Travel-related health risks can be affected by the degree of immunosuppression (i.e. CD4 count), destination, itinerary, and mode of travel. Pre-travel consultation is crucial to address strategies to protect the HIV-infected traveler. The International AIDS Society-USA recently published *Cases on the Web (COW)* which presents an in-depth discussion of travel recommendations for HIV-infected travelers. For those wishing more information or those seeking CME credit visit their website at <http://www.iasusa.org/cow/cow-instructions.php?cowid=106>.

Issues to Discuss with Patient

- Decision to travel
- Proposed itinerary
- Duration of travel
- Type or mode of travel

Travel Planning

- Identify reliable medical institutions before travel especially in resource-limited locales
- Verify medical insurance +/- need for additional travel insurance or evacuation insurance
- Pre-travel consultation visit with medical provider
 - If CD4 < 200 and not on ARV, many advise delay in travel to resource-limited areas
 - If CD4 200-500, many defer travel until at least 3 months on adequate ARV (↓ risk of immune-reconstitution syndrome during travel)
- Medical travel kit including OTC medications for symptom relief
 - Include sunscreen, anti-diarrheal, anti-emetics, analgesics, motion sickness medications, medical prophylaxis meds (anti-malarial medications, etc.), chronic medications (2 locations- carry-on and checked to prevent interruption of therapy in the event of lost or stolen baggage.)
 - Check storage requirements for each medication

Travel Restrictions and Legal Requirements

- Learn about countries with HIV-related travel restrictions
 - <http://www.hivtravel.org>

- Look at legal requirement
 - http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html
- Assure enough antiretroviral medications are brought for travel and bring in their original containers with copies of the prescription for all medications. A note from prescribing physician may be needed for controlled substances or injectables.

Vaccination Issues in HIV-Infected

- Recommended vaccinations and travel health tips for the itinerary
 - CDC Travel Health - <http://wwwn.cdc.gov/travel>
 - The Yellow Book - <http://wwwn.cdc.gov/travel/yellowbook/search.aspx>
 - US State Department - http://travel.state.gov/travel/tips/tips_1232.html#health
- Immunogenicity of vaccine may be affected by CD4 count and immune reconstitution
- The April 2009 HIV Carelink addresses vaccines in HIV
 - <http://www.faetc.org/PDF/Newsletter/Newsletter-Volume10-2009/HIVCareLink-Vol10-Issue-5-April-15.pdf>
- Inactivated vaccines are generally acceptable
 - Pneumococcal vaccine
 - Tetanus (with or without acellular pertussis)
 - Hepatitis A (Immunoglobulin can be given if CD4<200 and not immune)
 - Hepatitis B
 - Inactivated polio
 - Meningococcal vaccine

For more information,
please visit our website:

www.FCAETC.org

To request clinical consultation, please call the
National Clinicians' Consultation Hotline:

1-800-933-3413

- Inactivated trivalent influenza vaccine
- Japanese encephalitis vaccine
- Rabies vaccine (check post vaccination serologic response if CD4<200)
- Typhoid Vi polysaccharide vaccine
- Live vaccines are generally avoided
 - Yellow fever (may need a medical waiver letter)
 - Oral Ty21 typhoid
 - Oral cholera (can use whole killed vaccine if needed)
 - BCG
 - Measles-mumps-rubella (unless CD4>200 and not immune)
 - Varicella vaccine (unless CD4%>15, in children, and not immune)

Malaria Prevention

- HIV increases frequency and degree of malaria parasitemia and malaria increases the HIV viral load of those HIV-infected
- Most drugs for malaria considered safe in HIV
 - Ritonavir boosted PI regimens may alter levels but generally no dose adjustments suggested
 - Can decrease atovaquone levels
 - Can increase quinine
 - Should avoid lumefantrine and artemether with PIs as may increase QT interval and risk of cardiac arrhythmias
 - Atovaquone can increase zidovudine levels
- Avoid mosquito bites
 - Well screened locations
 - Repellent-impregnated mosquito nets
 - Clothing that covers most of body surface
 - Insect repellent containing 30-50% DEET (N,N-diethyl-3-methylbenzamide) or picardin

Preventative Measures Against other Infections

- Avoid:
 - Unpasteurized milk or dairy products
 - Unwashed raw fruits and vegetables
 - Swimming in rivers, lakes, or other potentially contaminated waters
 - Walking barefoot in tropical areas
 - Risky and unsafe sexual activity
- Do:
 - Practice proper hand hygiene with soap and water or alcohol-based solutions
 - Boil water (instead of filtering) prior to ingesting

- Antimicrobial prophylaxis
 - Routinely not recommended unless severely immunosuppressed
 - Consider instruction on self-treatment of diarrhea with quinolone or azithromycin along with anti-diarrheal and oral rehydration solution

Summary - Preventative Strategies

- Proper travel planning
- Awareness of restrictions on HIV-infected individuals into certain countries
- Prevention by vaccine preventable diseases
- Chemoprophylaxis against malaria and other vector-borne illnesses
- Prevention +/- self treatment of gastrointestinal and other infections

References

1. Franco-Paredes C, Hidron A, Tellez I, et al. HIV infection and travel: pretravel recommendations and health-related risks. *Topics in HIV Medicine*, 2009;17(1), 2-11.
2. Committee of Advice on Tropical Medicine and Travel. The immunocompromised traveler. *Canada Communicable Disease Report*, 2007;33(ACS-4), 1-24.
3. <http://wwwn.cdc.gov/travel> (CDC Travel Health).
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Keeping with the Pace XVIII: An HIV Update

Wednesday, August 26th, 2009
 University of Florida Conference Center
 Gainesville, Florida

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www.FCAETC.org/KWP

Intended Audience: Physicians, physician assistants, pharmacists, nurses, nurse practitioners, case managers, health educators, social workers, mental health counselors, and other health professionals.



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