



GASDCO
Global Alliance of Sickle Cell Disease Organisations



Cover painting by the late **Girish Gautam Dongre** From India (Sickle Cell Warrior)

It's a self-portrait by Girish , The "C" overhead represents sickled cells trapping him. He stands on a paint palette - showing that painting is was his strength and what keep him fighting and alive through every hurdle.



**3rd Global
Sickle Cell Disease
Conference 2026**

TRAVEL HEALTH & PREVENTION GUIDE

Traveling can be an exciting and enriching experience. For individuals living with Sickle Cell Disease (SCD), careful planning before departure is essential to help prevent infections, dehydration, pain crises, and other complications.



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LIGHT KQ101 | NAIROBI, KENYA |







THIS GUIDE
PROVIDES
PRACTICAL
RECOMMENDATIONS
TO HELP YOU
TRAVEL SAFELY
AND CONFIDENTLY
WHILE VISITING
KENYA.





BEFORE YOU TRAVEL

Schedule an appointment with your healthcare provider or travel clinic at least 4 weeks before departure.

DISCUSS YOUR
SICKLE CELL DISEASE
TREATMENT PLAN.



DISCUSS REQUIRED
AND RECOMMENDED
VACCINATIONS.



DISCUSS MALARIA
PREVENTION OPTIONS.

DISCUSS TRAVEL
INSURANCE THAT
COVERS PRE-EXISTING
CONDITIONS.



DISCUSS ADEQUATE
SUPPLY OF MEDICATIONS
FOR YOUR ENTIRE TRIP.



DISCUSS A MEDICAL LETTER
DESCRIBING YOUR DIAGNOSIS,
MEDICATIONS, AND
EMERGENCY CARE NEEDS.





ESSENTIAL MEDICATIONS AND SUPPLIES

Pack enough medication for your entire trip, plus extra in case of delays.

Recommended travel kit:

- All prescribed SCD medications
- Pain management medications as prescribed
- Oral antibiotics for travelers' diarrhea (only if prescribed by your physician)
- Loperamide (Imodium®) for urgent diarrhea situations when appropriate
- Oral rehydration salts or electrolyte packets
- Thermometer
- Insect repellent containing DEET or Icaridin/Picaridin
- Sunscreen
- Hand sanitizer
- Compression stockings for long flights if recommended by your physician
- Copies of prescriptions and medical documents

PREVENTING TRAVELERS' DIARRHEA

Diarrhea can quickly lead to dehydration, which may trigger a vaso-occlusive crisis.

Food and Water Safety

Always:

- Drink sealed bottled water
- Use bottled water when brushing your teeth
- Eat foods that are thoroughly cooked and served hot
- Choose fruits that you can peel yourself

Avoid:

- Raw salads
- Raw seafood or sushi
- Unpasteurized dairy products
- Street food that has been sitting out
- Ice from unknown sources

If diarrhea develops:

- Start aggressive hydration immediately
- Use oral rehydration solutions or electrolyte packets
- Follow your healthcare provider's instructions regarding antibiotics
- Seek medical care if symptoms are severe, persistent, or accompanied by fever or blood in the stool



MALARIA PREVENTION

Malaria is present in many parts of Kenya and can become life-threatening, particularly for individuals with Sickle Cell Disease.

IMPORTANT

Malaria prevention medication must:

- Be started before arrival
- Be taken throughout the trip
- Continue after leaving Kenya according to the medication schedule

Kenya has widespread resistance to chloroquine. Chloroquine is generally not recommended.

The best preventive medication depends on:

- Age
- Pregnancy status
- Kidney and liver health
- Other medications being taken
- Individual medical history

Consult your physician or pharmacist for the most appropriate option.

The background of the entire page is a photograph of a savanna at sunset. A large, dark silhouette of an acacia tree stands on the left side. To its right, two giraffes are silhouetted against the bright orange and yellow sky. The sky is filled with soft, glowing clouds. The overall mood is serene and natural.

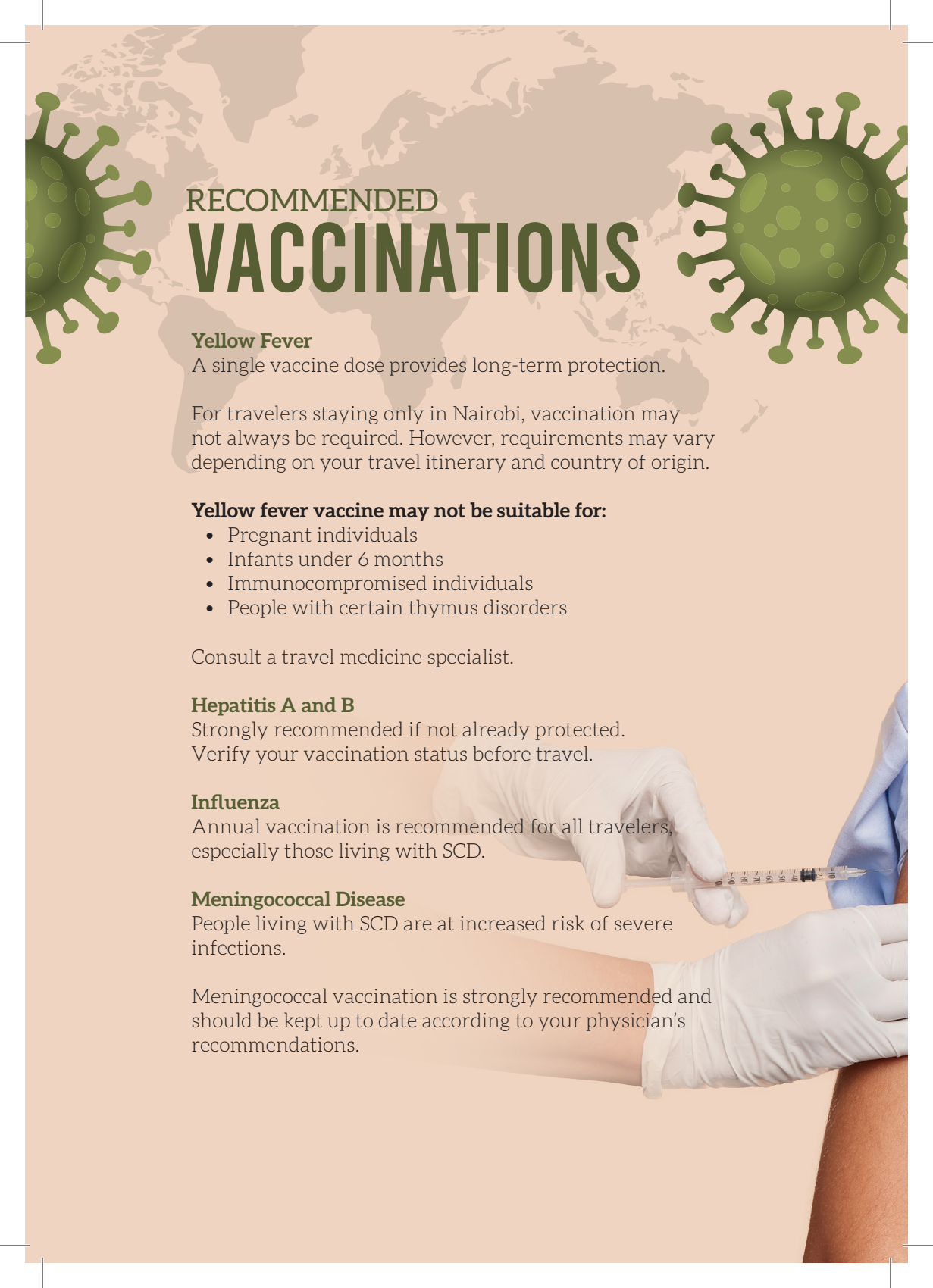
PREVENT MOSQUITO BITES

Use multiple protective measures:

- Apply DEET or Icaridin/Picaridin insect repellent
- Wear long sleeves and pants in the evening
- Sleep in air-conditioned rooms when possible
- Use mosquito nets if needed
- Keep doors and windows screened

These measures also help prevent:

- Dengue Fever
- Chikungunya
- Zika Virus



RECOMMENDED VACCINATIONS

Yellow Fever

A single vaccine dose provides long-term protection.

For travelers staying only in Nairobi, vaccination may not always be required. However, requirements may vary depending on your travel itinerary and country of origin.

Yellow fever vaccine may not be suitable for:

- Pregnant individuals
- Infants under 6 months
- Immunocompromised individuals
- People with certain thymus disorders

Consult a travel medicine specialist.

Hepatitis A and B

Strongly recommended if not already protected.
Verify your vaccination status before travel.

Influenza

Annual vaccination is recommended for all travelers, especially those living with SCD.

Meningococcal Disease

People living with SCD are at increased risk of severe infections.

Meningococcal vaccination is strongly recommended and should be kept up to date according to your physician's recommendations.





Polio

Ensure routine vaccinations are complete.

A booster may be recommended if your last dose was more than 10 years ago.

Measles

Kenya remains an area where measles outbreaks can occur.

Ensure you are fully vaccinated before travel.

Typhoid Fever

Typhoid vaccination is recommended, especially for individuals with SCD.

Available options include:

- Injectable vaccine (approximately 3 years of protection)
- Oral vaccine (longer protection but not suitable for everyone)

Discuss the best option with your healthcare provider.

Cholera

An oral vaccine is available and may provide protection against cholera and some forms of travelers' diarrhea.

This may be particularly useful for travelers with gastrointestinal conditions or increased vulnerability to dehydration.

Rabies

Consider vaccination if you will:

- Spend extended time in rural areas
- Work with animals
- Participate in outdoor activities with increased animal exposure

Even if vaccinated, immediate medical evaluation is required after an animal bite or scratch.

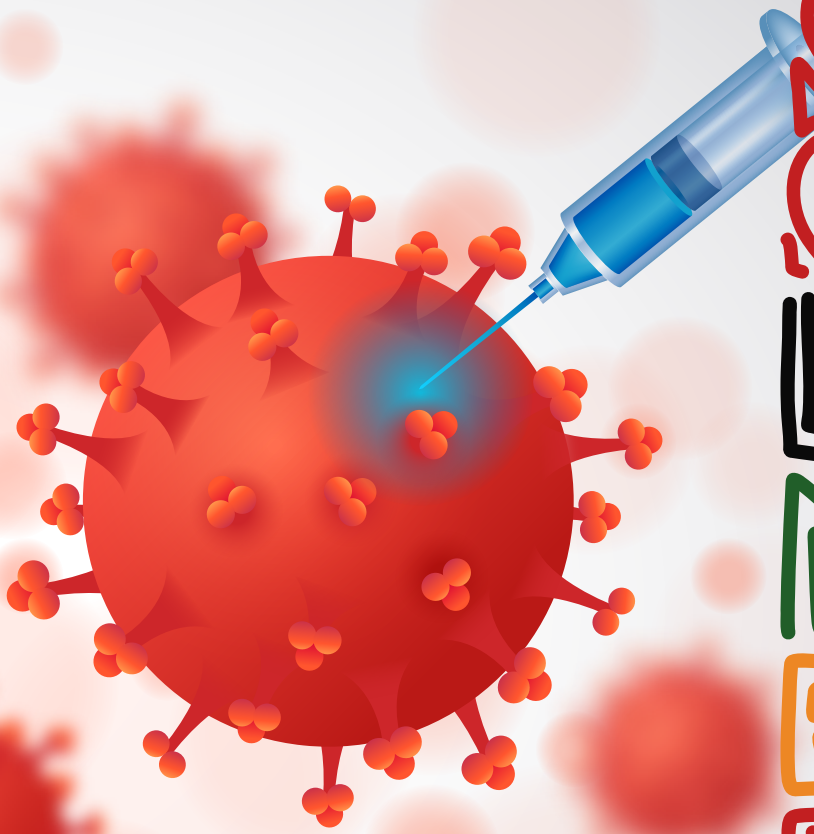
Mpox (Monkeypox)

Reduce risk by:

- Frequent hand washing
- Avoiding contact with symptomatic individuals
- Avoiding contact with potentially infected animals

Vaccination is generally reserved for individuals at increased risk.





A photograph of two passengers on an airplane. In the foreground, a man with a beard and a patterned shirt is looking down at a tablet device. Behind him, another passenger is partially visible, also looking at a device. The cabin lights are dim, and a bright window is visible in the background, creating a warm, orange glow.

LONG-HAUL FLIGHT PRECAUTIONS

People living with SCD have an increased risk of blood clots and complications during long flights.

Discuss your personal risk with your healthcare provider before travel.

FOR FLIGHTS LONGER THAN FOUR HOURS:

Stay Hydrated

- Drink water regularly
- Consider electrolyte supplementation if needed
- Avoid excessive caffeine
- Avoid alcohol



Keep Blood Flowing

- Walk around every 1-2 hours
- Stretch regularly
- Perform ankle circles and calf exercises while seated
- Flex and extend your feet frequently



Compression Stockings

Below-knee compression stockings (15–20 mmHg) may be beneficial if approved by your physician.

Preventing Sickle Cell Complications While Traveling

Remember the four essentials:

Hydrate

Carry water at all times.

Stay Warm

Avoid becoming chilled by air conditioning, overnight temperatures, or rain.

Rest

Fatigue can contribute to complications.



SEEK HELP EARLY

Do not ignore:

- Fever
- Chest pain
- Difficulty breathing
- Severe pain
- Persistent vomiting
- Severe diarrhea
- Signs of infection

Medical emergencies can escalate quickly in SCD.

If You Are Injured

Seek medical attention immediately if:

- You are bitten by an animal
- You suffer a puncture wound
- You are cut by a potentially contaminated object

A tetanus booster may be required depending on your vaccination history and the nature of the injury.

Final Advice for Sickle Cell Warriors

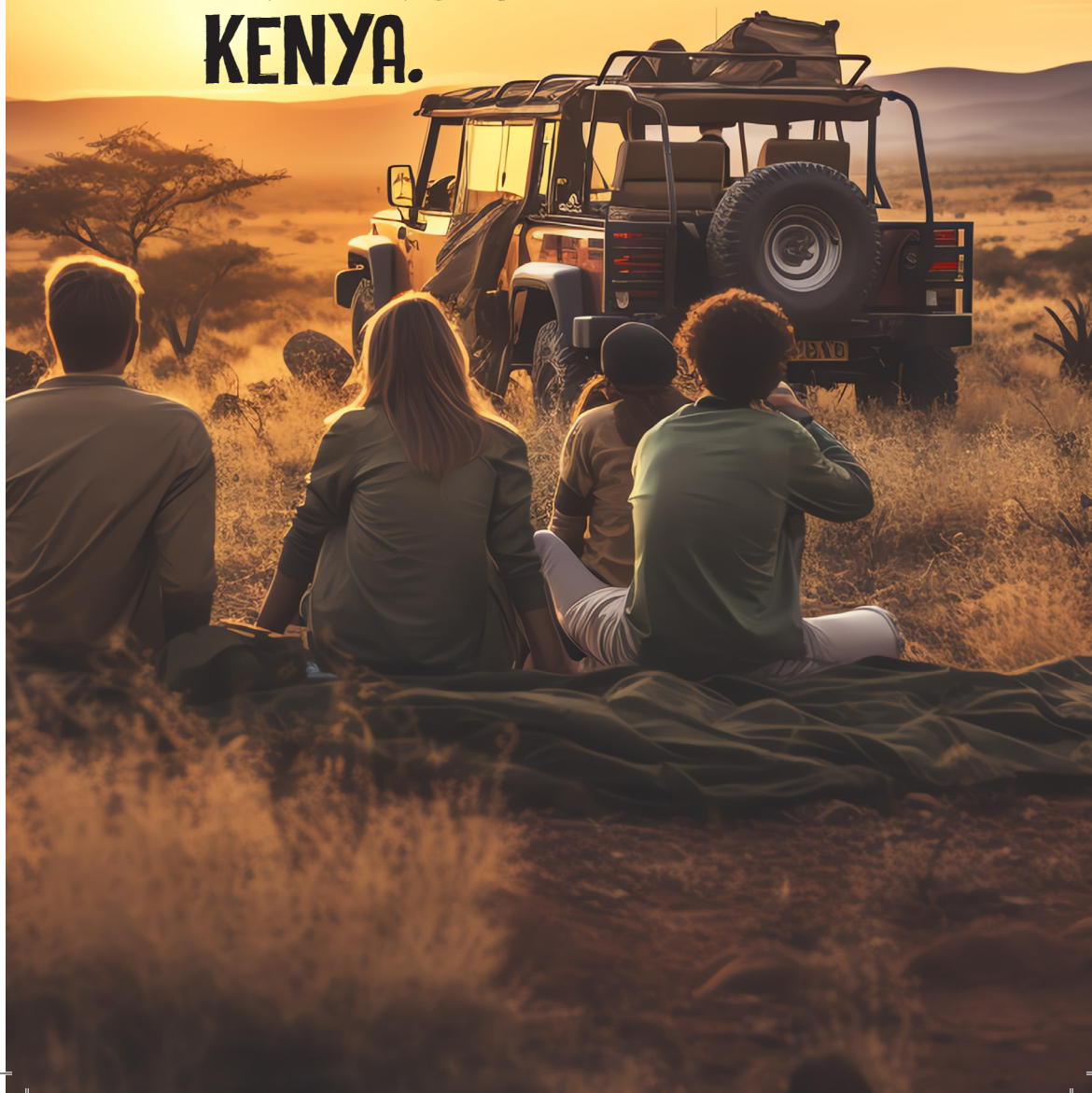
Travel should be memorable for the right reasons.

Prepare early, protect yourself from infections, stay hydrated, avoid mosquito bites, and carry all essential medications.

Most importantly, know where to access medical care before you travel and never delay seeking help if you become ill.



**SAFE
TRAVELS
AND ENJOY
KENYA.**





DAHILI AFRICAN
SAFARIS

NAIROBI NATIONAL PARK TRIP

Morning Drive - 6am | Afternoon Drive - 1pm



WHAT'S INCLUDED

- Pick up and drop off to the hotel
- 3 hours guided park drive
- Entry fee is included

GROUPS OF 6PAX
WELCOME COST:

135\$ PER PERSON

CONTACT: +254725736275

EMAIL: info@dahiliAfricansafaris.com



BOOK YOUR SAFARI NOW! • ADVENTURE AWAITS IN NAIROBI