

In Mexico and Latin America, medical care and medications are different than in the United States. Medications have different names. You may not be able to get some of your usual medication(s).

Before you leave the U.S., find out the following information about the country you are going to:

- 1. HIV medication(s) and the health services you can get*
- 2. Get the names, phone numbers and addresses of doctors who take care of people living with HIV/AIDS*

Your health care provider or case manager may be able to give you more information.

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Traveling to Mexico and Latin America

A Guide for Persons Living with HIV/AIDS



INTERNATIONAL HIV/AIDS PROGRAMS

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| Argentina Programa Nacional de Lucha Contra el SIDA y ETS <i>Ministerio de Salud y Ambiente</i> | 1332 Buenos Aires, Argentina (T) 5411.4379.9017 (F) 5411.4379.9210 |
| Belize Programa Nacional de SIDA <i>Ministerio de Salud</i> | East Block Building, Belmopan, Belize (T) 501.822.2363/822.2325 (F) 501.822.2942 |
| Bolivia Programa Nacional de ITS/VIH/SIDA | Ave. Mariscal Santa Cruz esquina Cochabamba s/n Edificio de la Lotería Nacional 5o. Piso (T) 591.2.211.5022 (F) 591.2.231.5376 |
| Brasil Programa nacional de SIDA | Av. W3 Norte. SEPN 511, Bloco C 70750.920 Brasília, Brasil (T) +55.61.3448.8001 |
| Chile Programa Nacional ITS/VIH/SIDA <i>Ministerio de Salud de Chile</i> | Monjitas 689, Piso 6 Santiago, Chile (T) 562.630.0673 (F) 562.630.0673 |
| Colombia Dirección General de Salud Pública <i>Ministerio de Protección Social</i> | Carrera 13 No. 32, Piso 14 Bogotá D. C., Colombia (T) 571.336.5066 Ext. 1424 (F) 571.336.0182 |
| Costa Rica Programa Nacional de VIH/SIDA | Apartado Postal 10.123.100 San José, Costa Rica (T) 506.222.4018 (F) 506.223.7411 |
| Cuba Programa Nacional ITS/VIH/SID <i>Ministerio de Salud Pública (MINSAP)</i> | Calle 23, Esq. N Vedado. Ciudad Habana, Cuba (T) 537.553.323/835.3927 (F) 537.833.2612 |
| Ecuador Programa VIH/SIDA Ecuador <i>Ministerio de Salud Pública</i> | Buenos Aires No. 340 y Juan Herrera Quito, Ecuador (T) 593.231.861 (F) 593.2529.560 |
| El Salvador Programa Nacional de ITS/VIH/SIDA <i>Ministerio de Salud</i> | Calle Arce No. 827 San Salvador, El Salvador (T) 5032.221.0790 (F) 5032.205.7302 |
| Guatemala Programa Nacional de ITS/VIH/SIDA | 5 Ave. 11.90 Z. II, Guatemala City, Guatemala (T) 502.2440.6682 (F) 502.2440.9970 |
| Honduras Departamento ITS/SIDA <i>Ministerio de Salud</i> | (T) 504.237.4343/504.988.6092 (F) 504.238.3270 |
| México CENSIDA | Herschel No. 119, Col. Chapultepec Morales México, D.F., México (T) 52.50.6027/4815/4826 (F) 52.03.8420 |
| Nicaragua Programa Nacional ITS/VIH/SIDA <i>Ministerio de Salud</i> | Colonia Iro, de Mayo Complejo Nacional de Salud (T) 505.289.4402 (F) 505.289.4402 |
| Panamá Programa Nacional ITS/VIH/SIDA <i>Ministerio de Salud</i> | Ancón, Ave. William Gorgas, Edificio 265 Panamá City, Panamá (T) 507.212.9321 (F) 507.212.9473 |
| Paraguay PRONASIDA-ITS <i>Ministerio de Salud Pública</i> | Ave. Venezuela y Florida Asunción, Paraguay (T) 595.21.298.700 (F) 592.21.204.604 |
| Perú Estrategia Sanitaria Nacional de Prevención y Control de ITS/VIH/SIDA <i>Ministerio de Salud</i> | Av. Salaverry, Cuadra 8. Jesús María Lima, Perú (T) 511.315.6600 Ext. 2342. (F) 511.315.6600 Ext. 2343 |
| Uruguay Programa Nacional de SIDA/ITS <i>Ministerio de Salud Pública</i> | J. Manuel Blanes 992 Montevideo, Uruguay (T) 5982.901.4824/412.9424 (F) 5982.901.4824 Ext. 134 |
| Venezuela Programa Nacional de SIDA/ITS <i>Ministerio de Salud y Desarrollo Social</i> Avenida 9 de Julio 1925, Piso 8 | Centro Simón Bolívar, Torre Sur Caracas, Venezuela 1010 (T) 58.212.408.0637/408.0636 (F) 58.212.408.0638 |

Contact information confirmed with Country Office.

TIPS FOR PERSONS WITH HIV/AIDS TRAVELING TO MEXICO AND LATIN AMERICA

Please read these tips carefully. It is important for you to be able to keep taking care of yourself and not have any problems get in the way of your treatment. Discuss with your medical provider before you take any action

- 1. Plan ahead** – Plan as much as you can, as far ahead as possible (at least one month ahead).
- 2. Talk to your HIV health care provider** – Ask if you are well enough to travel to the places you want to go. It is very important for you to stay healthy while you are traveling.
- 3. Vaccines (shots)** – These may be needed when you have HIV/AIDS. Make sure all your usual vaccines are up to date. Talk to your health care provider (or the Centers for Disease Control or the local health department) to find out if there are any special vaccines you need.
- 4. Use Precautions** – Be ready to deal with insects so they don't make you sick. Pack mosquito spray (repellent), sunscreen, antibiotic soap and medicines to treat nausea (feeling sick to your stomach) and diarrhea. Only drink bottled water and soft drinks in cans. Don't have fruit juices, raw vegetables, salads and any raw or undercooked eggs, meat or seafood. Remember - "Boil it, cook it, peel it or forget it." This is especially important for people with HIV/AIDS.
- 5. Use Protection** – Carry condoms with you at all times, and use them every time you have sex. Remember, safe sex reduces the chances of spreading HIV/AIDS and other sexually transmitted diseases (STDs). If you use drugs, don't share needles or any other injection equipment. Don't go near people who have diseases such as tuberculosis (TB), measles or chicken pox because you can breathe in these germs and get sick.
- 6. Medication** – Carry your medicine(s) with you in your carry-on luggage. Leave each in its corresponding labeled bottle from the pharmacy. This will help keep you from having problems with airport officials. If you go to a non-HIV-friendly country, (be sure you know if it is or not before making your travel plans) you may need to take enough medicine for a long stay. It is best if your doctor does not start you on a new medicine right before you travel as you may have side effects or react to the medicine in a way you or your doctor didn't expect.

- 7. Contact Information** – Be sure the right people know about your travel plans. Give a copy of your plans to your family, friends, health care provider and case manager. This way they will know where you are if you run into any problems with your medicine(s) or treatment.
- 8. Medical Chart** – Papers you should take with you:
 - Make a list of all your HIV and non-HIV medicine(s). Write down the name, how much you take and when you take it. Carry a letter from your doctor that says that you are taking medication for a chronic illness.
 - Write down the name and phone number of your health care provider and your clinic. You may also want to have your doctor give you extra copies of your prescriptions.
 - Ask your health care provider to help you choose the most important parts of your chart for review in a foreign country. If it is too big to carry with you, email/mail it to yourself at the place you are going.
 - Signed 'Authorization for Release of Information' form. Have a copy of this in your medical chart.
- 9. Navigate Systems** – Getting medical treatment in another country is sometimes not easy. Medical insurance works differently in Latin America. You may not always be able to get the care you need. Some HIV laboratory tests may not be done in these countries. Your insurance may not cover some tests and treatments and you may have to pay for these yourself.
- 10. Ask for Assistance** – Our program may be able to tell your health care provider about doctors and HIV clinics in Mexico and Latin American countries. To learn more, contact Oscar Gonzalez, PhD, at 214.590.2834 or 214.590.2184 or by e-mail at o1gonz@parknet.pmh.org. You can also visit our website at www.aidseducation.org.

