

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. 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.

Additional information is available online for providers assisting patients with HIV returning to Mexico and Central America.

Fact sheets are now available in both English and Spanish to assist providers who have patients leaving the U.S. for the following countries:

- Costa Rica
- El Salvador
- Guatemala
- Honduras
- Mexico
- Nicaragua
- Panama

For more information go to www.aidseducation.org/products.php or call 1.877.275.2382.

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Website: www.aidseducation.org



Traveling to Mexico and Latin America

A Guide for Persons Living with HIV/AIDS



INTERNATIONAL HIV/AIDS PROGRAMS

Argentina
Programa Nacional de Lucha Contra el SIDA y ETS
Ministerio de Salud y Ambiente
Buenos Aires
(Tel) 011.54.11.4379.9017 www.msal.gov.ar/sida

Belize
Programa Nacional Contra el SIDA, *Ministerio de Salud*
Belmopan
(Tel) 011.501.8.22.2363 www.health.gov.bz

Bolivia
Programa Nacional de ITS/VIH/SIDA, *Ministerio de Salud y Deportes*
La Paz
(Tel) 011.591.2.211.5022 www.sns.gob.bo

Brasil
Departamento de DST, AIDS e Hepatitis Virais, *Ministerio Saúde*
Brasília
(Tel) 011.55.61.3448.8001 http://portal.saude.gov.br/portal/saude

Chile
Programa Nacional de Prevención y Control del VIH/SIDA e ITS
Ministerio de Salud
Santiago
(Tel) 011.56.2.5740.680 www.minsal.cl

Colombia
Dirección General de Salud Pública, *Ministerio de Protección Social*
Bogotá D.C.
(Tel) 011.57.1.5953525 www.minproteccionsocial.gov.co

Costa Rica
Comisión Nacional de Atención Integral del VIH/SIDA
Ministerio de Salud
San José
(Tel) 011.506.2257.7821 Email: consultas@ministeriodesalud.go.cr

Cuba
Programa Nacional de Control y Prevención del VIH/SIDA
Ministerio de Salud Pública (MINSAP)
Ciudad Habana
(Tel) 011.53.7.8304902 www.sld.cu/servicios/sida

Ecuador
Programa Nacional del VIH/SIDA
Ministerio de Salud Pública
Quito
(Tel) 011.593.2.3814400, ext.5600 www.msp.gob.ec

El Salvador
Programa Nacional de ITS/VIH/SIDA
Ministerio de Salud
San Salvador
(Tel) 011.503.2221.1001 www.salud.gob.sv

Guatemala
Programa Nacional de VIH/SIDA
Ministerio de Salud Pública
Guatemala City
(Tel) 011.502.2475.2121 www.portal.mspas.gob.gt

Honduras
CONASIDA
Secretaría de Salud - Honduras
Tegucigalpa
(Tel) 011.504.2228518 www.salud.gob.hn

México
CAPACITS
CENSIDA
México, D.F.
(Tel) 011.52.55.5207.4077 www.censida.salud.gob.mx/

Panamá
Programa del VIH/SIDA
Ministerio de Salud
Panama City
(Tel) 011.50.512.9265 www.minsa.gob.pa/

Paraguay
PRONASIDA-ITS
Ministerio de Salud Pública
Asunción
(Tel) 011.595.21.204604 www.pronasida.gov.py
email: direccion.pronasida@webmail.com.py

Perú
Estrategia Sanitaria Nacional de
Prevención y Control de ITS/VIH/SIDA (ESNITSS)
Ministerio de Salud
Lima
(Tel) 011.51.1.315.6600 www.minsa.gob.pe

República Dominicana
Ministry of Health's National STI and
HIV/AIDS Program (DIGECITSS)
Consejo Presidencial del SIDA (COPRESIDA)
Santo Domingo
(Tel) 1.809.544.4100 www.copresida.gob.do

Uruguay
Proyecto Uruguay Fondo Mundial Contra el SIDA
Ministerio de Salud Pública
Montevideo
(Tel) 011.598.4000101 www.insp.gub.uy

Venezuela
Ministerio del Poder Popular para la Salud
Gobierno Bolivariano de Venezuela
Caracas
(Tel) 011.58.212.408.0033 www.mpps.gob.ve

Contact information confirmed with Country Office or Website.

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. It is very important for you to stay healthy while you are traveling.
- 3. Vaccines (shots)** – Make sure all your necessary vaccines are up to date. Talk to your health care provider (or the local health department) to find out if there are any special vaccines you need.
- 4. Use Precautions** – Insects could make you sick. Pack mosquito spray (repellant), 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."
- 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 infections. If you use intravenous drugs, don't share needles or 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 the labeled bottle from the pharmacy. This will help keep you from having problems with airport or border officials. If you go to a country without HIV services you may need to take enough medicine for a long stay. Talk to your doctor about whether or not you should start on a new medicine right before you travel. Also, research what HIV services are available in the country to which you are traveling.
- 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 the HIV and non-HIV medicine(s) you take, 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. Ask your doctor to give you extra copies of your prescriptions.
 - Ask your health care provider to help you choose the most important parts of your chart to know. If it is too big to carry with you, mail your medical chart to your destination.
 - Have a copy of a signed "Authorization for Release of Information".
- 9. 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 tx.ok.aetc@phhs.org or call 1.877.275.2382.

