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University of Washington  
DEPARTMENT OF GLOBAL HEALTH



# GHCE

## Global Health Clinical Elective



2020  
GUIDE TO YOUR CLINICAL ELECTIVE IN



# PERU

*Disclaimer:*

This booklet is provided as a service to UW students going to Peru, based on feedback from previous students. The Global Health Resource Center is not responsible for any inaccuracies or errors in the booklet's contents. Students should use their own common sense and good judgment when traveling, and obtain information from a variety of reliable sources.

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## CONTACT INFORMATION

### Peru:

**Dra. Sylvia Montano** is your main point of contact in Peru. Please contact her with your flight information and any logistical questions you may have.

	Name	Address	Telephone	Email or Website
<b>Local Program Coordinator</b>	Dra. Silvia Montano	Av. Venezuela S/N, Callao. (Centro Médico Naval) (NAMRU-6)	Phone: 011-511-614-4163  Cell: 011-511-995746927	montanosilviam@gmail.com
<b>Dra. Montano's Assistant</b>	Sra. Rose Mary Sagástegui	Calle Gerona 751. Surco. (COPRECOs)	511-2719282 511-4493429 511-945100746	<a href="mailto:rose_mary.sa@hotmail.com">rose_mary.sa@hotmail.com</a>
<b>Local Physician Contacts (Lima)</b>	Dra. Doris Chunga	Jr. Manuel Raygada 515, Callao. (Centro de Salud Barton)	511-5617144 511-996549968 511-985376780	<a href="mailto:dorischunga@hotmail.com">dorischunga@hotmail.com</a>
	Dr. Eduardo Ticona	Parque "Historia de la Medicina Peruana" s/n, Cercado de Lima. (Hospital Dos de Mayo)	511-3282451	<a href="mailto:eticonacrg@gmail.com">eticonacrg@gmail.com</a>
	Dra. Pilar Mazzeti	Jr. Ancash 1271, Barrios Altos, Lima. (Instituto Nacional de Ciencias Neurológicas)	511-4117700 511-4117702 511-4117708	<a href="mailto:peru.neurogenetica@gmail.com">peru.neurogenetica@gmail.com</a>
<b>Local Physician Contacts (Trujillo)</b>	Dra. Violeta Celis	Bolivar 350, Trujillo (Hospital Belén)	511-976929883	<a href="mailto:violetacelis@hotmail.com">violetacelis@hotmail.com</a>
<b>U.S. Embassy</b>	U.S. Embassy Lima	Avenida La Encalada Cdra. 17 s/n Surco, Lima 33, Peru	511- 618-2000 or 511-709-7950 (visa inquiries)	<a href="http://pe.usembassy.gov">http://pe.usembassy.gov</a>
<b>Emergency Contacts</b>			105 or 911 (Police) 116 (Fire) 106 (Ambulance)	
<b>Local Taxi (Lima)</b>	Taxi Movil		511-422-6890	
	Sr. Omar Maguiña		511-988184272	

## **ADDITIONAL PERU CONTACTS:**

### **Iquitos:**

**Tourist Police (Policia de Turismo)** 065-232-453

**Dr. Ernesto Salazar** has worked with former UW students. Don't know if he is still there.

### **Moyobamba:**

**Dr. Markel Williams Vasquez Carbajal:** general surgeon and current hospital director at Moyobamba MINSA Hospital; very willing to let students observe.

**Wuilman and Mery Perez:** local contacts and coordinators for **Foundation Yantalo**. They live and own a pharmacy in Moyobamba (Botica Kenya).

**Wuilman:** 942-993-7193; [wuilmanpv@yantalo.org](mailto:wuilmanpv@yantalo.org)

**Botica Kenya:** 420564-443

**Veronica Perez:** school nurse in Yantalo school; very knowledgeable and helpful resource for volunteers.

Email: [eli\\_2083@hotmail.com](mailto:eli_2083@hotmail.com) (she rarely checks this; best way to contact her prior to arrival would be through Dr. Vasquez – see below)

**Dr. Luis Vasquez:** lives in the U.S. but runs Foundation Yantalo.

[LVasquez@yantalo.org](mailto:LVasquez@yantalo.org); 1-877-220-7378

### **Cusco:**

The **U.S. Consular Agent** in Cuzco may be reached at 51-84-231-474; or by email at [CuscoACS@state.gov](mailto:CuscoACS@state.gov). The Consular Agency can provide information and assistance to U.S. citizen travelers who are victims of crime or need other assistance in Cuzco.

## U.S. CONTACTS

	Name	Address	Telephone	Email or Website
<b>UW International Emergency #</b>	<b>In case of emergency:</b> <b>1. Notify someone in country</b> <b>2. Notify CISI (see below)</b> <b>3. Call 24-hr hotline</b> <b>4. May call Scott/McKenna</b>		<b>+1-206-632-0153</b> <b>(24-hr hotline)</b>	<a href="http://www.washington.edu/globalaffairs/emergency/">www.washington.edu/globalaffairs/emergency/</a> <a href="mailto:dbrencic@uw.edu">dbrencic@uw.edu</a> <a href="mailto:travelemergency@uw.edu">travelemergency@uw.edu</a>
<b>GHCE Director (s)</b>	Dr. Scott McClelland  Dr. McKenna Eastment		+206-473-0392 (cell, Scott)  001-254-731-490115 (Kenya, Scott)	<a href="mailto:mccllell@uw.edu">mccllell@uw.edu</a>  <a href="mailto:mceast@uw.edu">mceast@uw.edu</a>
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<b>UW Faculty Liaison</b>	Joe Zunt Coordinator: Roopa Sriram (ghfprgm@uw.edu)	Harborview Medical Center 325 Ninth Avenue, Room 3EH70, Seattle, WA 98104	+206-744-3715 (office)	<a href="mailto:jzunt@uw.edu">jzunt@uw.edu</a>
<b>Insurance</b>	CISI		24/7 call center available at 888-331-8310 (toll-free) or 240-330-1414 (accepts Collect calls)	<a href="mailto:ops@us.generaliglobalassistance.com">ops@us.generaliglobalassistance.com</a>
<b>Hall Health Travel Clinic</b>	Anne Terry, MN, ARNP	315 E. Stevens Circle Box 354410 Seattle, WA 98195	+1-206-543-8915  +1-206-685-1011	<a href="mailto:travel@uw.edu">travel@uw.edu</a>
<b>Post-Exposure Prophylaxis</b>	Harborview Madison Clinic	325 Ninth Ave Box 359930 Seattle, WA 98104	1-888-448-4911 (CDC hotline)  +1-206-744-5100 (clinic)	
<b>Peruvian Embassy in US</b>	Embassy of Peru in the USA	1700 Massachusetts Ave. NW Washington D.C. 20036	Telephone: (202) 833-9860 Fax: (202) 659-8124	<a href="https://www.embassyofperu.org/">https://www.embassyofperu.org/</a>  <a href="mailto:digitaldiplomacy@embassyofperu.us">digitaldiplomacy@embassyofperu.us</a>

## PERU ENTRY REQUIREMENTS



**Peru tourist visa is not required for citizens of United States for a stay up to 183 days.** Upon entering Peru, your passport and white immigration form will be stamped and a number written on them, indicating validity for 30, 60, or 90 days as a tourist visa. Usually you will be given 90 days, although the process is sometimes random. If you are given less than 90 days, kindly request a 90 day stamp. If you only get 30 days, you have to leave the country prior to your VISA expiration, then re-enter to get another 30 days, 90 days, etc. Most people just take a short trip to an adjoining country (Chile, Bolivia, or Ecuador [Brazil requires Americans to apply for a VISA prior to travel and to also pay \$\$]).

*Make sure that you keep the white immigration form with your passport! When exiting the country, you will be asked to provide this form. There is a fine for not presenting this form when departing from Peru.*

- You need to have a passport valid for at least 6 months from the date of your intended travel.
- You need to have a round-trip ticket, so bring your receipt if using an e-ticket.
- There are no immunization requirements, but yellow fever is recommended if you plan to visit the southern jungle.
- Visas *are* required for business travel or those entering as students. Since you are not enrolled in a Peruvian educational institution, you should enter as a “tourist.”
- More information available on the US Government Travel page:  
<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Peru.html>.



## COUNTRY OVERVIEW:

### Preparing for your elective...

- Once you are accepted for the Global Health Clinical Elective (GHCE) course (CONJ 625), and are assigned to Peru, contact both Dr. Zunt and Dra. Montano to discuss rotation options and specifics.

### Traveling to/in Lima

#### **Transportation:**

The **traffic** is among the biggest downsides of Lima. Since the city is so sprawled out, it can take quite a long time to get from home to work or other destinations. Unfortunately, there is no train or subway system in the city. If you do not have a car (and most students and fellows do not), then you have to rely on taxis and buses to get around. Be careful crossing the streets!

**Uber** is now available within Lima and works just like in the US. Many trainees have had positive experiences using Uber to get around and said that the prices are comparable or cheaper than using the secure taxi companies.

#### **Taxis:**

There are an abundance of taxis that will transport you just about anywhere you want to go. Taxis do not have meters and are negotiated prior to embarking. They are relatively inexpensive. There are also numerous buses, commonly referred to as “combis.” They are cheap (around s/.1.20) but can get really packed during rush hour.

There is also a public transit system, Metropolitano, with modern buses that stop near the office. These require a fare card, which can be obtained at each station.



When traveling to or from the airport, we generally recommend what are referred to as “secure” taxis. Since you are generally traveling with personal possessions when going to or from the airport, these taxis offer an additional level of security since they are known and reputable companies. One such company is Taxi Real, but they should be reserved ahead of time. They charge about \$20 for a trip to the airport from Barranco.

When departing the airport, you will generally see three-levels of taxis: Level I – You encounter this area just outside of customs. It consists of several taxi stands and these tend to be about \$50 for travel

to Barranco; Level II – The next area that you enter, when leaving the first set of taxi stands, you will encounter a single taxi stand called Green Taxi. They are considered moderately priced at about \$20 for travel to Barranco; Level III – There are street taxis just outside of the airport terminal. We recommend that you avoid these.

There have been reports of robberies of tourists in traffic or at stoplights while traveling to or from the airport. It is advised to lock your doors and raise the windows (unless you need air) and put all of your possessions in the trunk of the taxi. Taxi drivers know this and will usually insist that you put all of your bags in the trunk, including purses and small bags. This is not meant to scare you, but just meant to provide you with information to take appropriate precautions. Generally, you will be fine.

Always lock the doors while in a taxi and keep the windows rolled up, especially when going to areas that are known for theft. Also, if you have a bag containing a laptop or other valuables, put it on the floor behind your legs, not on the seat or your lap – thieves are known to break car windows and snatch bags.

While most taxi drivers are friendly and will take you to your destination without a problem, there have been reports of theft involving taxi drivers – especially in and around the airport. So, it's a good idea to go with a taxi driver who looks reputable – ask to see his taxi driver ID (a blue/purple card that has his photo and DNI number), look for a SETAME sticker in the front windshield, etc.

Taxis are ubiquitous in Lima and quite cheap compared to taxis in North America and Europe. For example, a ride in a taxi hailed off the street from Miraflores to NMRCO (about 20 minutes) will cost 10-14 soles. A ride within Miraflores will cost 3-4 soles. There are no meters in taxis in Lima - prices have to be negotiated before starting; bargaining is very common.

## **Buses:**

**\*\*DO NOT TAKE A BUS BETWEEN CUSCO AND LIMA OR VICE VERSA;  
SECURITY AND SAFETY ARE COMPROMISED\*\***

The costs of taking a taxi to and from work every day can add up, so some may want to consider buses instead. All buses in Lima are run by private companies – there is no municipal bus system, and no map of all the bus routes. It takes some time to figure out where the various buses go. There are 3 basic forms of buses you will see:

- 1) Large buses similar to U.S. school buses. All buses that go along the Vía Expresa are of this type;
- 2) Big combis, which are the size of big vans or mini-buses;
- 3) Small combis, which are similar in size to mini-vans (though they have seating for about 17 people and sometimes some standing passengers!)

On the sides of buses and combis you will see the names of main avenues the vehicles travel along. However, you may not know along which streets it travels on in between. Ask someone who has been in Lima which bus or combi to take to your destination. Keep in mind that some combis take more direct routes than others, and that drivers and cobradores (the people to whom you pay the fare) are trying very hard to fill their vehicle, so they may not be



upfront in telling you which exact route they are taking. Also, be careful when getting on and off the combis as the drivers often do not bring the vehicle to a complete stop when passengers are getting on/off. A ride on a bus or combi typically costs 1.00-1.50 soles. So, much cheaper than taxis, but the ride may take longer. For example, a 20-25 minute door-to-door taxi ride from Miraflores to NAMRU-6 takes 45-60 minutes on a combi/bus, plus a few minutes walking to and from the bus stop and waiting for the bus.

### **Train:**

A newly opened elevated rail line is now in operation and is called “Linea 1”. This, similarly, requires a fare card (different from the Metropolitano card). It is fast, reliable, and affordable, but it likely will only be helpful if you are at Hospital Dos De Mayo.

## **Housing**

The best thing to do regarding housing is to contact Joe Zunt, Silvia Montano, and past students from the GHIP and GHCE programs for information. Past students have had various housing options depending on their site. In Lima, students would frequently rent an apartment in one of the suburbs. In other cities, (Cusco and Iquitos), students often would often live with the families of one of the local physicians. In Moyobamba, a student stayed in a guest house with other visiting students.

The Impacta Barranco Site is located in the Barranco District. Barranco is a small, but quaint neighborhood and is commonly referred to as “bohemian” and “artsy.” It contains many old buildings, but does not have many choices for temporary housing, other than hostels. The Miraflores District is another popular neighborhood that is nearby and is more “touristy.” There are many places for rent here and most can be found on the Internet.

It is important to focus on finding something that has all of the amenities that you would like, such as Internet, furniture, kitchen, etc. You also want to feel safe. Both of these neighborhoods are considered safe, but “safe” is a relative term. Like most major cities (cities in the U.S. are no exception), there is always the risk for crime. Exercise judgment and ask questions about security measures in the housing facility that you are considering.

You can find apartments listed on the following websites:

[www.expatperu.com](http://www.expatperu.com)

[www.limaeasy.com](http://www.limaeasy.com)

[www.livinginperu.com](http://www.livinginperu.com)

Airbnb may be a good option, though possibly slightly more expensive than other options.

Below is more detailed information from the Fogarty manual:

- **Neighborhoods of Lima:** A sprawling metropolis. Some compare its layout to that of Los Angeles - there are many distinct neighborhoods/municipalities within the metropolitan area. The most popular neighborhoods for foreign students and fellows to live in have been Miraflores, Barranco, and San Isidro.
- **Miraflores** is a bustling area with many shops, restaurants, and cafes, as well as pubs and clubs to frequent at night. Some businesses and embassies are also based in Miraflores. It is probably the most popular neighborhood among gringos and tourists in general – you will see many roaming the streets here. In Miraflores one has the conveniences of supermarkets,

movie theaters, and public transportation all within easy walking distance. It is a relatively safe neighborhood, though petty theft does occur. Miraflores is right by the ocean, and there is a nice trail and parks along the ocean (the Malecon area) where many people run or bike. It tends to be a bit cooler and cloudier than some other parts of Lima during the winter months, but there is a nice ocean breeze to cool you down during the summer months. With so much activity in Miraflores, there's usually something to do, even if it's just wandering around.

Housing option:  
Quincha House  
Juan Fanning 644  
Miraflores, Lima Peru  
Phone: 994039685 / 989652746 / 444-2518

- **San Isidro** is a large municipality adjacent to Miraflores. It is home to some of Lima's elite. It is quieter than Miraflores, which has its pros and cons – on one hand, there is less noise in San Isidro; on the other hand, there is not as much activity, and it is not as easily walkable as Miraflores – supermarkets and other stores may be a bit farther to reach. San Isidro is home to many small parks and a huge golf course. There are many restaurants and some swanky pubs and clubs in this neighborhood. Many businesses (including the financial district) and embassies are based here. Public transportation is fairly accessible. Like Miraflores, it's a relatively safe area. In general, you may see more families living in San Isidro, whereas you may see more twenty- and thirty-somethings in Miraflores. San Isidro is much less “touristy” than Miraflores.
- **Barranco** is another nice neighborhood just south of Miraflores on the coast. It is fairly quiet and quite unique in Lima in that it maintains a bohemian feel. There aren't as many big chain stores here. Barranco comes alive at night as the home of Lima's most vibrant nightlife – there are many pubs, clubs, and peñas frequented by Limeños. Some foreigners have found beautiful apartments and houses in Barranco. It is a tranquil haven within Lima; however, it's a bit farther than Miraflores and San Isidro from other parts of the city, and you may have to go to Miraflores to run errands.
- **San Miguel:** Many Limeños live in this neighborhood, but you won't see many foreigners. There is a huge shopping complex – the Plaza San Miguel – and a movie theater but other than that not much to do in San Miguel. You will probably find yourself going to Miraflores, San Isidro, and Barranco in your free time. The advantages of San Miguel are that it's less expensive than other neighborhoods.
- **Other reasonable residential neighborhoods** include Surco, San Borja, Jesus Maria, and Pueblo Libre. Housing will likely be cheaper here, but your social life would be substantially facilitated by living in Miraflores, San Isidro, or Barranco.

### **Housing in Lima:**

- **Types of Housing:** There are both apartments and houses in Lima, though most gringo students and fellows will end up living in hostels or apartments. Apartments come in many sizes, either furnished or unfurnished. In general, you can roughly divide apartment buildings into newer buildings and older buildings. The newer buildings have more modern apartments, though they tend to be smaller than the apartments in older buildings. You can choose to live by yourself in a 1-2 bedroom apartment, or you may wish to share an apartment with others.
- **Cost:** In Miraflores and San Isidro, a decent, furnished 1-bedroom apartment may cost \$250-500 per month (excluding utilities), though there is great variety in prices. Apartments with a view of the ocean, or those on very posh streets may be more expensive. When quoting these prices to Peruvian colleagues, many will tell you that these prices are too expensive.

However, keep in mind that locals may be able to find better deals than gringos because: 1) they may be thinking of neighborhoods that are less expensive than Miraflores and San Isidro, 2) they are in less of a rush to find an apartment and may have contacts who tip them off on good deals for apartments when the timing is right, 3) they generally look for unfurnished apartments, 4) they can get a better deal by signing a long-term lease. So don't get discouraged if you think that you'd be spending more than what your Peruvian colleagues think you should be spending – talk to other gringos, in addition to Peruvians, to get their opinions and experiences with prices of housing.

- **Utilities:** The cost of utilities is not included in most apartment rents. Most apartment buildings will charge a “mantenimiento” fee, which goes to pay for doormen and general upkeep of the building. This fee can be anywhere from \$20-80 per month. Some places will ask you to pay municipal taxes, which go to the municipality for security, cleaners, etc. These “impuestos” may be about \$10 per month. You will receive bills for Internet, phone, cable, and electricity in the mail. The bills can be paid at a variety of places, including banks, supermarkets and pharmacies, but must be paid in cash. Electricity (“luz”) is usually not included in the rent. This can cost \$10-20 per month for a person living solo, depending on usage.
- **Strategies for finding an apartment in Lima:** Finding an apartment in Lima can be a challenging endeavor, depending on what you are looking for. Before you arrive in Lima, contact people you know are there or have been there recently (previous or current students and fellows) to find out about possible openings. You can also check websites like Craig's List, Expatperu.com, [www.livinginperu.com](http://www.livinginperu.com), and Airbnb.com
- Once in Lima, you can look at the classifieds section of the El Comercio newspaper. The Sunday edition is the best to research. Apartments for rent are also listed on El Comercio's website. Most of the contact information you see in the classifieds will be for corredores (real estate agents); a few will be for the owners of the apartments. The corredores and owners may also be showing, or about to show, other apartments that are not listed. Generally they will not charge you for their services if contacted in this way. There are some other real estate agents whom you could contact directly, and who would show you various apartments (often very nice apartments, though on the pricey side); these agents might charge a fee. Another approach is to walk around neighborhoods where you are interested in living, and look for signs saying “Se Aquila” on buildings (For Rent). You can also inquire with the doormen at some of the apartment buildings. Searching for apartments while in Lima is most effective. Therefore, securing temporary housing before arriving (through craigslist or another means) is a good strategy to create a stepping stone.
- **Deposit:** Once you've found a place that you like, it's a good idea to leave a deposit (“garantía”) – can be any amount depending on what the corredor/owner wants, \$20-200 – to hold the apartment. No amount of verbal assurance (saying that you really like the place and that you want to take it, etc.) will guarantee you will get the apartment. As in most cities, money talks in Lima. When you give the garantía, get a receipt. It's ideal to meet and to give the garantía to the owner rather than the corredor, because the owner may have hired several corredores to show the apartment, and it's possible that another tenant has already been found via one of the other corredores. However, if not possible to give the garantía directly to the owner, you can give it to the corredor provided you know the/she has spoken with the owner and the owner will agree to hold the apartment for you. If you change your mind later, you may not be able to get back the garantía, though it may be worth a try.
- **Lease:** After this, generally you will be asked to return to the apartment within a few days to meet with the owner and sign the lease. Remember: nothing is guaranteed until you sign the lease and are handed the keys. The garantía will usually suffice to hold the apartment until

you sign the lease, so sign the lease as soon as possible if you are really interested in the place. Some have had experiences where the owner agreed to lease the apartment, but changed his/her mind after a day or two for whatever reason. This has only happened when a *garantía* wasn't provided. Most apartment owners will ask you to sign a lease. They may require a minimum length, such as 3, 6, 9, or 12 months. Sometimes, owners will allow you to have a shorter lease but will charge you more. Typically, they will ask for one month's rent in advance, as well as one or two months of rent as a security deposit. They should give you a copy of the lease to review and sign. You should review the lease with a native Spanish speaker just to make sure you don't miss anything.

## **Tips for the Hospital and for your Rotation**

This depends on where your rotation takes place. Your specific rotation will vary depending on your elective choice, your medical team, fellow house officers, and residents. All students will be exposed to diseases and conditions vastly different than in their prior clinical education in Seattle. Also, facilities will not be similar to hospitals in the US. Make sure to take a step back and see the whole picture. Seek out support from friends, family, journal writing, or elsewhere in case you feel frustrated, overwhelmed, etc.

- **Depending on your rotation, your 'team' will include:**
  - *Medical students*
  - *Residents*
  - *Physician Specialist and Professor Physician*
  
- You should dress nicely the first day, but over time you may see residents wearing jeans, etc. and you can adjust accordingly.

## **PACKING TIPS**



### **General:**

Err on the side of packing light. Don't bring anything that you would be heartbroken if it were lost, stolen, or ruined. Take fewer clothes than you think you will need: you can usually purchase clothing locally: this helps make sure that they are more appropriate to local conditions, and help out the local economy.

### **Documents and other Essentials:**

Make copies of important documents and leave them with someone you trust. This includes the front and back of your credit cards. You may also wish to make scanned copies and email them to yourself. Consider bringing an extra set of passport photos with you: they can be handy if you need to replace your passport or get other types of documentation. A laminated, color copy of the first page of your passport can also come in handy.

### **Be sure to bring:**

- Passport, valid for 6 months
- Travel itinerary, receipt, and copy of e-tickets
- Travel insurance documents
- Credit cards, including the one you used to purchase your airplane ticket
- Medications
- Course materials and textbook
- Back-up pair of glasses, if needed
- Sunscreen
- Mosquito repellent (if in the jungle)
- Power adapters
- Flash drive

### **Bags:**

Aim for a single, sturdy, backpack or duffel bag that you don't mind having tied to the top of a bus. Be sure you are able to carry it, and that it doesn't look like you just joined the military. Bring a smaller carry-on for essentials that can double as a rucksack for daytrips. Avoid carrying bags around town.

### **Personal Medical Supplies:**

- Thermometer
- Sunscreen (SPF 30 or higher)

- Insect Repellent (at least 25% DEET or 20% Picardin) if in the jungle
- Malaria prophylaxis if indicated
- HIV post-exposure prophylaxis
- Stand-by treatment for diarrhea
- Medications you normally take
- Band-Aids
- Tweezers
- Suggested over-the counter medications:
  - Acetaminophen (Tylenol)
  - Ibuprofen or Naproxen (Aleve)
  - Diphenhydramine (Benadryl)
  - Pseudoephedrine or phenylephrine (Sudafed)
  - Hydrocortisone cream
  - Antifungal cream
  - Antibiotic ointment

### **Supplies for the medical wards:**

- White coat and scrubs
- Decent, comfortable shoes
- Penlight
- Stethoscope
- Reflex hammer
- Hand sanitizer (lots)
- Latex gloves
- N-95 Masks
- Medical Spanish dictionary

### **Other Suggestions:**

- A laptop is highly recommended for doing your coursework. According to prior students, “it can be very handy to have a laptop. It will be safe if locked in a secure place. Laptops are commonly stolen items if not watched vigilantly, so do not leave them unattended in public places, even for a minute. Internet (including wireless) is widely available throughout Peru.”
- One or two USB flash drives
- Digital camera and charger
- Small notebooks
- Headlamp or flashlight
- MP3 music player

- Extra batteries or a battery charger
- Reading material

### **Additional recommendations from former students:**

- Voltage transformer, if necessary. Peru runs on 220 volt electricity, as opposed to the 110 volt system used in the USA. You will need a voltage transformer if bringing any electronics that do not automatically function with different voltages. Most laptop and digital camera power adapters will work with 110 and 220 volt systems – you can look on the adapter to check.
- Outlet adapters: Most outlets in Peru will accommodate both North American style (flat prongs) and European style (round prongs) plugs, but you may want to bring 1-2 adapters just in case. Note: these *do not* convert voltage – for that you need a voltage transformer.
- Prescription medicines, including birth control. Some may not be available in Lima, or may be available in a different form. Be sure to bring enough to last your stay in Peru. Don't count on being able to receive the medicines in the mail from the USA because they may get stuck in customs. You can purchase ciprofloxacin over the counter at most pharmacies – useful when that post-ceviche diarrhea and vomiting strike. Consider bringing altitude sickness medication if going into the Andes.
- Sunscreen with high SPF: finding a good sunscreen in Peru can be difficult and very expensive. The sun is VERY strong.
- Sleeping bag (for cold nights in Cusco) – or consider purchasing a nice alpaca blanket as a souvenir. There is usually no indoor heat.
- Battery charger
- Warm clothes/ jacket – especially if planning trips to the mountains. Or buy alpaca sweaters as souvenirs!
- Dark pants (light colored get quite dirty)
- Sturdy, comfortable shoes (large sizes can be hard to find in Peru)
- Sufficient underwear: *“Peruvian underwear is the worst”*
- Water filter or SteriPen
- Rain gear: not needed if you will be mostly in Lima. It does rain during the rainy season in the mountains and year-round in the jungle.
- Books in English: They are expensive and there is not much selection in Lima.

### **What not to bring:**

- Fancy jewelry and watches: Anything that looks expensive, even if it's not, can attract thieves. If you are going to wear jewelry or a watch, wear ones that are not too flashy.
- High current, common electronics: Hair dryers, straighteners, and similar items will burn out a voltage converter and likely burn themselves out in the process; better to buy them locally in Lima.
- Shampoo, deodorant, etc: easy to buy in Lima unless you are loyal to a specific brand.

## READING LIST



### **Suggested Books**

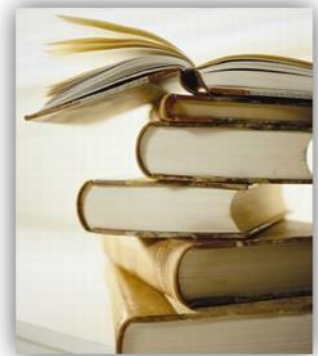
*The Conquest of the Incas* by John Hemming

*The Peru Reader: History, Culture, Politics*

*Oxfam Country Profile* by John Crabtree

### **Suggested Articles**

“The Politics of Reproductive Health in Peru: Gender and Social Policy in Global South” by Stephanie Rousseau. *Social Politics: International Studies in Gender, State, & Society*. March 28, 2007.



### **Available online:**

*Peru: Improving Health Care for the Poor* by Daniel Cotlear, World Bank. Latin American and the Caribbean Regional Office.

*An Opportunity for a Different Peru: Prosperous, Equitable, and Governable*. By Marcelo Guigale, Vicent Fretes-Cilbis, John Newman.

## MONEY

Local currency is **Nuevo soles** (PEN), divided into 100 **céntimos**.

**Exchange rate as of 10/2019:** 1 US dollar is around 3.34 PEN (1 PEN = 30¢). The US dollar is accepted in most places and you will be given change in Soles using the current exchange rate.

**ATMs** are abundant in Lima. Note you may be charged a transaction fee both your home bank and the ATM's bank (for example, some U.S. banks charge \$5 for each transaction made at a foreign ATM, and Lima ATMs charge about 4-5 soles). At ATMs in Peru, you can withdraw money in either Soles or US dollars.

Generally, you will see several men and women standing outside of banks wearing greenish/blue vests with \$\$ signs on them. They will exchange dollars for soles, soles for dollars and are generally dependable for fair exchange rates. The banks give the worst rates of exchange.

- **Citibank** has branches and ATMs in Lima. You can open an account at a Citibank branch in the USA. With this account, transactions at Citibank ATMs in Peru are free of charge, while those at non-Citibank ATMs in Peru incur a 3% transaction fee. However, with a Citibank USA account one can use only the ATMs at Citibanks in Lima and not the branch services for making deposits, withdrawals, etc.
- **Scotiabank** generally does not charge a transaction fee (this may depend on your US bank). It may be a good idea to check with your bank before departure. Also, some US banks have restrictions on withdrawals outside of the US. Again, check with your bank to make sure.
- Counterfeiting is apparently a big problem here; so do not be offended when an attendant carefully inspects any bill that you present to them. You should probably do the same, at least with large bills that you receive, but there is no need for paranoia; just something to be aware of.
- **Traveler's cheques** are difficult to cash in most cities and incur a large transaction fee – consider leaving home without them.



- Beware that small towns may not have any ATMs.
- When traveling, carry enough money to get to the next town and pay for any immediate needs. You never know when a mid-size town will have 2 broken ATMs and a bank under construction!
- You may find a credit card useful. **Visa** and **MasterCard** are the most widely accepted in Peru. Many USA banks charge a fee for transactions made abroad. CapitalOne does not charge a foreign transaction fee for some of its credit cards.
- Write down your card's 1-800 number for emergency cancellation on a separate, safe piece of paper in case of theft; unfortunately, credit card number theft is common – so best to use a credit card infrequently.
- Prior to leaving your home country, call your banks to inform them you will be using your card in Peru and inquire about fees for foreign transactions. Without prior notification, some banks will freeze accounts, as a safety precaution, when a transaction is made in another country.
- Most prices can be negotiated.

## **HEALTH**

There are no special vaccinations required for travel to Lima, other than routine vaccinations that you should already have, though yellow fever is recommended. To be sure, you can visit the US CDC Travel website for more information, and follow the recommendation of your travel health provider. You should also have health insurance and bring any special medications with you that you might need. Most common medications (i.e., antibiotics, cold & allergy medicines) are available without a prescription. Quality medical care is readily available and relatively inexpensive. However, it is wise to have adequate medical coverage in the event of a major illness or accident. Make sure that your medical coverage outlines coverage outside of the U.S. and how to access care if needed. Perhaps the “best” hospitals if needed are called “clinicas.” (this does NOT mean outpatient)

## **SAFETY**

Crime is a growing problem in Peru's cities, and Peru's National Police report that a crime in Lima occurs every three minutes. Use extreme caution when traveling in urban areas, and avoid political demonstrations, which have the potential to turn violent. A money belt is recommended. Consider purchasing travel insurance with theft insurance for electronics or other valuables.

There is a lot of specific safety information on the U.S. State Department website:

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Peru.html>. Here are some tips from that site:

- The Shining Path (Sendero Luminoso) terrorist group is still active in rural provinces.
- The Peru/Colombia border is very dangerous as a result of narcotics trafficking and armed Colombian guerrillas.
- Political demonstrations, strikes, and marches regularly occur and at times escalate into violence.
- Avoid night-time road travel outside of major urban areas due to unsafe road conditions and risk of robbery.
- Avoid the bus between Lima and Cusco, as safety and security are compromised.
- Violent crime, including carjacking, assault, sexual assault, and armed robbery is common in Lima and other large cities. The Embassy is aware of reports of women being sexually assaulted in their place of lodging. Women travelling alone should be especially careful to avoid situations in which they are vulnerable due to impaired judgment or isolation. Resistance to violent crime often provokes greater violence, while victims who do not resist usually do not suffer serious physical harm. "Express kidnappings," in which criminals kidnap victims and seek to obtain funds from their bank accounts via automatic teller machines, occur frequently. Thieves often smash car windows at traffic lights to grab jewelry, purses, backpacks, or other visible items from a car. This type of assault is very common on main roads leading to Lima's Jorge Chavez

International Airport, specifically along De la Marina and Faucett Avenues and Via de Evitamiento, but it can occur anywhere in congested traffic, particularly in downtown Lima. Travelers are encouraged to put all belongings, including purses, in the trunk of a car or taxi.

- Avoid wearing jewelry or carrying purses or handbags in public places.
- Avoid large crowds, as these tend to attract pickpockets.
- It is safer to use telephone-dispatched radio taxis or car services associated with major hotels.
- Travelers should guard against the theft of luggage and other belongings, particularly U.S. passports, at the Lima airport. Upon exiting the airport, travelers may be approached by persons seeming to know them, or who claim that a pre-arranged taxi has been sent to take them to their hotel. Some travelers have been charged exorbitant rates or taken to marginal hotels in unsafe parts of town. Travelers who are not being met by a known party or by a reputable travel agent or hotel shuttle are advised to arrange for a taxi inside the airport.
- Visitors are advised not to carry their U.S. passports if they are not needed. If the police request identification, a copy of the passport is acceptable. A copy of the data page, the page with the Peruvian visa, and a copy of the page with the Peruvian entry stamp should be carried.
- Counterfeit U.S. currency is a growing and serious problem in Peru. In many areas of the city, moneychangers openly change money on the street. These individuals should be avoided as they are a conduit for counterfeit currency and in many cases, work in leagues with pickpockets by pointing out potential victims.
- Incidents of credit card fraud are on the rise. Travelers should keep their credit card within their sight while making transactions.
- Avoid purchasing pirated CDs and DVDs. It is illegal to bring these back into the US.

## **COMMUNICATION**

**WhatsApp** is very commonly used in Peru, so if you will have a smartphone you should download the app before departing.

**Cell phone use:** The prices of calling to and from mobile phones is surprisingly expensive in Peru. However, many people still find mobile phones to be useful; Dra. Montano often has cellphones available for students to use – these are pre-paid “pre-pago”; you can purchase additional minutes at most grocery or gas stations.

**Recommended carriers:** The two major providers are Claro and Movistar (Telefónica). They are competitors and often have special offers, such as a certain amount of money in free calls when you sign up. Despite the competition, prices are still quite high.

**Plans and costs:** There are two basic types of plans to choose from. In the prepaid (“prepago”) plans, you add credit to your account, from which money is deducted each time you make a call or send a message. Most gringos have opted for these prepaid plans. In an example of one prepaid plan from Claro, calls to other Claro mobile phones cost S./1.40 per min, calls to land lines cost S./2.30 per min, and calls to non-Claro mobile phones cost S./2.60 per min (these are approximate prices for Lima phones). Text messages nationwide cost 10 céntimos per message. So, many people use the phones primarily for text messaging and only occasionally for calls. There is no charge for incoming calls or messages, and no difference in cost by time of day or day of week. Movistar price plans are similar. You may want to find out what company your friends/colleagues use.

The other type of plan is the postpaid (“postpago”). Here, you are charged a fixed amount each month and get a reduced rate for calls. The initial cost of the phone is usually less if you sign up for a postpaid plan. This may be a good option if you are going to be making LOTS of calls. However, if you think you won’t be making many calls and will primarily use text messages, the prepaid plans are probably a better option. Also, there is more red tape involved in signing up for a postpaid plan – non-Peruvian citizens have to present a variety of documents, and you may have to sign a 12-month minimum contract.

### **Landlines:**

Telefónica provides the majority of land telephone lines. Some gringos have chosen to have a line, while others have declined (remember that you have to have an active line in order to get the Speedy Internet service through

Telefónica). Currently, the cheapest phone plan – the Super Económico – costs about 47 soles per month, and includes 120 minutes of call time per month to other land lines in Lima, as well as free incoming calls, and a voicemail service. If you surpass your monthly minutes, you can still use a prepaid phone card like the 147 from your land phone; this card is also useful for calling to mobile phones or phones outside of Lima, as well as for calling from public phones. Because of the prohibitively expensive cost of calls made from and to mobile phones, you may find it useful to have a land phone in your apartment.

### **Time difference with Seattle:**

Seattle is 2 to 3 hours behind Lima time – depending on daylight savings.

### **Internet availability:**

There are plenty of Internet cafés with high-speed connections around **Lima**.

**Iquitos and Moyobamba:** Internet cafes are available but very slow.

## **Food**

There are plenty of convenient restaurants that serve local cuisine (referred to as “criolla”) that are tasty and inexpensive. They generally cost around 10 soles (about \$3) and include an appetizer and a main dish. Lunch is usually the biggest meal of the day. In addition, there are plenty of fast food restaurants and other restaurants that generally cater to tourists. These tend to be slightly more expensive. There are also many major grocery stores conveniently located in Barranco and Miraflores. Food is relatively inexpensive by U.S. standards.

Most foods/snacks are available in Lima (the city has some really nice grocery stores). If you have a favorite brand of peanut butter, tea, snack, etc., you can consider bringing some along as it may either be unavailable or considerably more expensive in Lima. Caveat: there is a chance of confiscation by Peruvian customs if you get a “red light” during the customs screening process, though they will probably let most packaged foods pass.

Gastronomy has always been, since the days of the Spanish vice royalty, an essential aspect of life in Lima. During the last few years, however, the city's dining reputation has experienced a huge leap in the eyes of the world due to the fact that experts gathered in the Fourth International Summit of Gastronomy Madrid Fusión 2006 and formally declared Lima to be the "Gastronomy Capital of the Americas." The offerings in Lima are nowadays most varied and cover a wide range of types and cuisines, both regional and international.

Despite the wide range of choice in Lima's many restaurants, ceviche is surely number one on the list of dishes you must get to know, not only because it happens to be the "Peruvian national dish", but because of its unparalleled delicious taste. With the increasing interest in the Peruvian cuisine, ceviche is quickly making its way onto tables all over the world. But if you want to enjoy the real thing, don't miss it during your stay here in ceviche's Mecca. There is at least one cevichería in every neighbourhood, so it won't be hard to find one. Moreover, most criollo restaurants include ceviche on their menus; indeed, many restaurants do, even the more upscale nouveau-cuisine.

### ***Warning - when to eat ceviche***

It is best to eat this for lunch, not dinner, as it will be fresher and safer at that time. The locals make it a rule not to eat ceviche late in the day since doing so may upset one's stomach (which is why you will not easily find a cevicheria open after 5PM). Western stomachs in particular can sometimes react badly to this acidic dish and eating it late in the day apparently increases that risk. Drinking Pisco Sour with a plate of Ceviche makes the meal even more acidic. Beginners may want to choose a different type of drink with their Ceviche.

A second must go to is Asian cuisine, both Chinese and Japanese, which predictably, have a strong Peruvian influence. Chifas—that is, Chinese restaurants, which can be counted by the hundreds if not thousands, are usually down-to-earth neighborhood eateries, offering a fare rich in seafood and chicken. Japanese restaurants, on the contrary, are less widespread, and more upscale and expensive. Their forte is, of course, a year-round supply of the freshest and most varied seafood.

Peruvian food tends to be spicy and heavy. Try it and ask if any dish is *picante* (spicy), and if you are not fond of that, avoid it since it may be really *picante*. A full meal may be really heavy and cause problems even if it's perfectly nice and well prepared with fresh ingredients.

Travelers longing for a delicious falafel or shwarma sandwich will be pleased to learn there is an excellent cafe along Parque Kennedy that serves these type of Middle Eastern foods at reasonable prices.

There is a heavy presence of Western fast-food chains such as KFC, Pizza Hut, Domino's Pizza, McDonald's, Subway and Starbucks Coffee all over the city if you'd rather not try anything new to you. Places such as Burger King, Chili's and Friday's are scarce, but can be easily found around Miraflores. Also, you shouldn't miss Peruvian-style hamburgers at Bembos, traditional Peruvian sandwiches in Pasquale and fusion pizza over at D'nnos Pizza if you want to give your everyday fast-food a local twist.

Lima is home to around 220,000 restaurants, cafes, juice bars and runs a program (Restaurante Saludable) to recognize clean and healthy restaurants. Only around 800 or 1.2% of venues have received this award, so keep your eyes open for the logo Restaurante Saludable.

## **Food Safety**

Water is potable in most hotels and hostels in Lima, but if you prefer more secure water, consider using a SteriPen, filtering, boiling, or drinking bottled water.

## **Entertainment**

- **Gyms:** Lima has several gym chains with modern equipment. In Miraflores, options include Gold's Gym, Energym, and Sportlife. Each has branches in other parts of the city – some membership plans allow you to use any branch at any time, while others limit you to one branch with only occasional visits to other branches. Gold's Gym in Miraflores (at the intersection of Larco and Benavides) opened in December 2005 and has very modern equipment in a spacious setting. There are free weights, weight machines, cardiovascular machines, a myriad of aerobics/step/spinning classes, free monthly nutritional and progress consults, and trainers available to assist while working out. The trainers can design a personal workout for you each month. There are also personal trainers if you wish to pay for this service – they stay with you during the entire length of your workout. The general memberships, which include basically everything except personal trainers, can cost anywhere from \$25 to \$75 per month, depending on the length of the contract you sign and any special offers available at that time. Keep in mind that bargaining does sometimes occur with regard to gym memberships. Most gyms will allow you a free trial period, so you can visit them and then decide which one you like the best.

- Sportlife offers the same services as Gold's Gym. Prices are similar, staff is professional and it comes highly recommended. In San Isidro it is one of the only options as far as gyms go and is located next to the Sonesta Posada del Inca hotel at Parque de Los Olivos.
- Energym: located in San Miguel.

- **Spanish Classes:** Spanish classes are available for those at beginner, intermediate, or advanced levels. Classes can be taken privately or with a group, either at a language school or at your home. Classes in Arequipa and Cusco are significantly cheaper but in Lima, El Sol (<http://elsol.idiomasperu.com/>), is one of the more popular language schools in Lima. \$420 for one week of 20 hours/ semi-intensive classes. Idiomas Catolica (<http://www.idiomas.pucp.edu.pe/>) is also very good and less expensive. Private teachers who come to your house are usually around 35-50 soles/hour. Ask around when you arrive.

- **Salsa:** There are a variety of salsa dance classes available to beginners, intermediates, and advanced dancers. Some places offer private lessons either at a club or at your home. If you decide to take this route, you'll likely be asked to pay in advance for a set of classes. If you do this, ask for a receipt and be sure to make note of the number of classes you have taken. Some locales offer group classes. One such place is Cohiba, located on cuadra 6 of Avenida del Ejército in Miraflores. The head instructor is named Julio Mendoza and his email is [salsaschool@speedy.com.pe](mailto:salsaschool@speedy.com.pe). The beginner course includes 10 classes on Saturdays from 5:30-7pm or from 7-8:30pm. There are also free guided

practice sessions for students on Thursdays from 9-10pm. The cost of the beginner course is \$60 for an individual and \$70 for a couple.

• **South American Explorers:** (<http://samexplo.org/>) They have a clubhouse at Calle Piura 135 in Miraflores. This is an organization with English-speaking employees who provide lots of information about travel around Peru and offer discounts to members on hotels, restaurants, and other travel services around the country. They also have a book exchange and various travel books for sale.

## **GENERAL TIPS FROM FORMER STUDENTS:**

### **Packing**

- Bring warm clothes and a sleeping bag!
- Bring a hiking backpack for weekend trips.
- A water filter or sterilizing pen is very useful.

### **Housing**

- If you stay in a hostel your first couple nights you get to see the hip parts of town, and I guarantee you will find cheap housing quickly if you ask around with the docs and nurses at the hospital. In Iquitos, staying with Dr. Ernesto Salazar's family is fun, has great food, and is close to downtown. Highly recommended.
- Consider living with other Peruvians.

### **Culture**

- If people comment on your weight, race or clothing it's not personal. Calling people by physical attributes (e.g. "flaco" or "gordita") is common.
- Don't expect a lot of personal space.
- Bargaining: vendors always want to make money, but most are willing to bargain on prices.
- There are lots of beggars, so have a strategy for how you want to handle them.
- People aren't expecting you to be Peruvian, so don't worry too much about trying to follow all the local customs.

### **Work and Projects:**

- A laptop is invaluable for reading literature at your own pace, without paying for the time.
- Be very clear from the start what you want to get out of your summer.
- Don't be frustrated if things run on a different time schedule than you are used to in the U.S., things take longer in Peru. It often takes several meetings with someone before they will agree to help you or to do something for you; you must have a relationship before you can ask for something!
- Be proactive with your project.

**Make the most of your experience!**

# CULTURAL ADJUSTMENT

- Look for a cultural broker, someone who has an understanding of both U.S. culture and the local culture. An expatriate who has spent many years living in the host country, or a local who has lived in the U.S. can be invaluable in helping you negotiate and understand your host country.
- Learn as much as you can about your host country's history, values, language, culture and norms.
- Resist the urge to assume that people are just "doing things wrong" in your host country, and that you know better. Try to understand the reasons why things might be handled differently.
- Remember that, in general, developing countries tend to be more formal than the U.S. and communication is more likely to be indirect. Value is placed on respecting social hierarchies, "saving face" and avoiding embarrassment.
- Be aware that needing to re-learn even simple routines in a foreign culture is stressful. Give yourself time to adapt, and don't be afraid to make mistakes.



In her book, *Foreign to Familiar*, (2000, McDougal Publishing), Sarah Lanier discusses the differences between "Hot-Climate" and "Cold-Climate" cultures. Although this distinction is a vast oversimplification, they do represent spectrums of cultural norms that can provide a useful framework for understanding cultural differences. The chart below is loosely adapted from her work.

	"Cold-Climate" Cultures	"Hot-Climate" Cultures
Social Interactions	Efficiency is valued. It is acceptable to be businesslike with people you don't know, and personal questions are to be avoided.	Relationships are valued more than efficiency. It is important to acknowledge people and not rush interactions. Getting to the point too quickly is rude, and personal questions are welcome.
Emotions	Logic, restraint and objectivity are valued, and displays of emotion are rare.	People are emotionally demonstrative. Subjective feelings and intuition are given credibility.
Communication	Accurate, truthful information is valued. Communication is direct, words are to be taken at face value, and people say what they mean. "No" means "no," and things are not meant to be taken personally.	Maintaining harmony is important, and disagreeing, complaining or causing offense or embarrassment is to be avoided. Indirect methods of communication are frequently used. It is impolite to directly say "no" or not give the answer a person expects to hear.
Individuality	Individuality, autonomy, personal initiative and self-reliance are valued. Individual likes and dislikes are important. People are expected to speak their opinions, and look after their own needs. People see themselves as "free to do as they please."	Community cohesion and group identity are valued over individuality. ("I belong, therefore I am.") The needs of the community are more important than personal desires. A person's opinions should reflect those of the group. One's actions should reflect well on the group.
Hierarchy	Society is fluid. People generally see themselves as equals, and authority is earned and can be openly questioned. What you know is more important than who you know, and the value of an idea depends on its utility, not its source. "Low-power distance"	Society is hierarchical. Class and social distinctions are maintained, acknowledged and deferred to. Authority is not to be questioned, and the value of one's opinion increases with social rank. "High-power distance"
Formality	Interactions are casual. First names are used. Clothing choices reflect personal tastes and comfort. "Low context"	Interactions are formal, and it is important to follow protocols and demonstrate respect for elders and superiors. People are referred to by their titles. Greetings carry great importance, and clothing should reflect one's place in society. "High context"
Privacy	People have a "right to privacy," their own	People have a right to be included. Privacy is considered

	personal space and time to themselves.	rude. Plans and conversations should include all.
Property	Personal property is considered sacred. People pay their own way, are responsible for their own things, and there is no obligation or expectation to share.	Property is communal and belongs to the group. This is particularly true for food, which is expected to be shared by all.
Planning Planning Continued	Planning is expected, and schedules are adhered to except in extreme circumstances.	Spontaneity is preferred. Schedules are always subject to change. Flexibility and patience are valued. It is acceptable to show up unannounced or not follow through on plans.
Hospitality	Visitors are expected to make arrangements for their own food, housing and transportation, and payments are negotiated ahead of time. When people are invited out, it is expected that they will all pay their own way. Social events usually take place at public establishments.	Hospitality is important. Visitors need to be taken care of, and it is not appropriate to ask them to pay, although it is expected that they will leave gifts in exchange. When people are invited out, it is expected that the person who gave the invitation will pay. Social events usually take place in the home.
Gender	Gender differences are minimized. Women are judged on the same criteria as men. Traditional roles are less respected.	Gender differences are important, and women are expected to be submissive to men. Traditional roles are respected.
Time	Time is a linear phenomenon, measured by clocks. Punctuality and planning are valued. It is important to respect someone's time: Time is money. "Monochromic time"	Time is relative, and is measured by events. It is important to be living in the moment and to deal with things as they come up. Attending to people's needs is valued, regardless of how long it takes. "Polychromic time"

## Culture Shock

"Culture shock" is real, and it is important to be prepared for it and to recognize when it is occurring. What people generally mean by culture shock is the stress that occurs from being away from familiar surroundings and continually having to struggle to understand what is going on around you. What begins as discomfort and confusion can subtly progress to frustration, anxiety, irritability, loneliness and withdrawal. More often than not, anger is the result, and it is not uncommon for this to lead to unprofessional behavior and lashing out at the local community. When you find your frustration mounting, be sure to take a step back and find productive and healthy ways to manage your stress. Remember, you are ultimately just a guest in their country. Above all, try and keep a sense of humor. Be aware that you will likely have some reverse culture shock upon returning to the U.S.

# **Guidelines for the Management of Body Fluid Exposure**

## **Background:**

When working in clinical environments, there exists the possibility for exposure to bloodborne pathogens, particularly in environments where universal precautions and sharps disposal practices may not be followed with the same rigor as in the US. Exposure to blood and other bodily fluids can transmit Hepatitis B, hepatitis C, and HIV, as well as other illnesses such as viral hemorrhagic fevers, including dengue. Transmission of malaria can also occur through needlestick, as can transmission of other parasitic diseases such as trypanosomiasis and visceral leishmaniasis.

## **Pre-departure advice:**

**PREVENTION:** Obviously, the most important aspect of blood and body fluid exposure is prevention. Students should use gloves and other personal protective equipment if there exists the possibility of contact with a patient's blood. All students should bring with them a box of non-sterile gloves. You are also encouraged to bring some form of eye protection and face masks.

**VACCINATION:** Hepatitis B is highly transmissible through needlestick injuries (1 in 3 people exposed will seroconvert) - all students should have completed their hepatitis B vaccination series before leaving for GHIP (IHOP). You should be sure you are protected against measles, mumps, rubella, hepatitis A, tetanus, diphtheria, typhoid, and varicella, and polio. Depending on location, yellow fever and/or meningitis may be appropriate as well. Although there is no efficacious vaccine for hepatitis C or HIV, it may be worth knowing your status before leaving for your host site. Students should be on malaria prophylaxis if in a malarial area.

**POST-EXPOSURE PROPHYLAXIS:** You are required to purchase and bring with you two different HIV prophylactic medications. The exact number of pills will depend on where you are going.

In the event of a needle-stick or other significant exposure, you would generally begin taking treatment right away, while arranging for the patient to have HIV testing. If the patient is HIV positive, you should then need to complete a full 30 days of medications. This would involve obtaining an additional supply of medications and arranging for follow-up evaluation and monitoring. In many cases, it may be best to return to the U.S. to ensure proper care.

Specific prophylactic regimens should be discussed during your Travel Clinic visit, and you should ask for a prescription during your visit for a 3-5 day supply.



## What to do in the event of a body fluid exposure:

### 1. Don't Panic.

The vast majority of exposures result in no harm. For example, the seroconversion rate of an untreated needlestick injury from an HIV positive patient is less than 0.3%, and from a mucosal exposure less than 0.09%. With prompt initiation of antiretroviral medications, this risk is further reduced 85% or more.

### 2. Wash the exposed area.

Remove all soiled clothing. Wash skin and wounds with soap and water. Irrigate wounds copiously with water. Flush eyes or mucous membranes with water or sterile saline.

### 3. Let someone know.

Inform your clinical supervisor that you had an exposure. Contact a medical provider with experience in post-exposure prophylaxis (CDC Post-Exposure Prophylaxis Hotline, Harborview Madison Clinic, Dr. McClelland, etc.)

### 4. Decide if you need to start medications.

This will depend on the severity of the exposure and the HIV status of the patient. If the patient is HIV positive or of unknown status in a high-prevalence area, *antiretroviral medications should be started as soon as possible* in the event of a needlestick injury, or if visibly bloody fluid is splashed into your eyes or mouth. (See the attached CDC algorithm for specifics). Do not wait for the source patient's blood testing to come back before starting meds. If the patient has suspicion for *P. falciparum*, consider taking a presumptive treatment of malaria if you are not on malaria prophylaxis.

### 5. Arrange for testing.

If possible, arrange for HIV testing of the source patient and a malaria smear (if in an endemic area). If serologies for hepatitis B surface antigen and hepatitis C antibody are readily available, send these too. If you do not know your own HIV, hepatitis C, or pregnancy status, these should be checked. It is helpful to get a CBC, chemistry panel, and hepatic panel if you are going to be starting medications. This will allow your physician to have baseline labs in the event you develop side effects from your antiretroviral medications.

### 6. Decide if you need to come home.

If the source patient tests **negative** for HIV, and you think it unlikely that the patient contracted HIV in the past few months, you can *stop treatment*. If the patient is HIV **positive**, cannot be tested, or is felt to be at high risk of HIV despite a negative test result, continue treatment. *It is generally recommended to arrange for medical evacuation back home* for proper evaluation and monitoring while on prophylaxis. However, many countries now have doctors and facilities that are experts in treating patients with antiretroviral medications. The decision to stay at your post or return home is a serious one that should be discussed with a qualified medical provider. The GHRC is happy to work with you on ways to fulfill your GHIP/III requirements in the event an evacuation is needed.

### 7. Get support.

Having a body fluid exposure is often a deeply unsettling experience. It is recommended that you talk it over with someone to help put things in perspective. Most people feel extremely frightened and vulnerable right after an exposure. The CDC's "PEpline" is an excellent resource. This is a national hotline that provides around-the-clock expert guidance in managing healthcare worker exposures to HIV and hepatitis B and C. Callers receive immediate post-exposure prophylaxis recommendations and counseling. The phone number is +1-888-448-4911. You may also call Dr. McClelland at +1-206-473-0392.

## Recommended HIV PEP

Percutaneous injuries					
	Infection status of the source				
Exposure type	HIV-positive, Class 1* Asymptomatic HIV infection or known low viral load (e.g., <1,500)	HIV-positive, Class 2* Symptomatic HIV infection, AIDS, acute seroconversion, or known high viral load	Source of unknown HIV status (e.g., deceased source person with no samples available for HIV testing)	Unknown source (e.g., a needle from a sharps disposal container)	HIV-negative
Less severe (e.g., solid needle, superficial injury)	Recommend basic 2-drug PEP	Recommend expanded 3-drug PEP	Generally, no PEP <sup>‡§</sup> warranted	Generally, no PEP <sup>‡§</sup> warranted	No PEP warranted
More severe (e.g., large-bore hollow needle, deep puncture, visible blood on device, or needle used in patient's artery or vein)	Recommend expanded 3-drug PEP	Recommend expanded 3-drug PEP	Generally, no PEP <sup>‡§</sup> warranted	Generally, no PEP <sup>‡§</sup> warranted	No PEP warranted
Mucous membrane exposures and non-intact skin <sup>†</sup> exposures					
	Infection status of the source				
Exposure type	HIV-positive, Class 1* Asymptomatic HIV infection or known low viral load (e.g., <1,500)	HIV-positive, Class 2* Symptomatic HIV infection, AIDS, acute seroconversion, or known high viral load	Source of unknown HIV status (e.g., deceased source person with no samples available for HIV testing)	Unknown source (e.g., splash from inappropriately disposed blood)	HIV-negative
Small volume (e.g., few drops)	Consider basic 2-drug PEP <sup>†</sup>	Recommend basic 2-drug PEP	Generally, no PEP <sup>‡§</sup> warranted	Generally, no PEP <sup>‡§</sup> warranted	No PEP warranted
Large volume (e.g., major blood splash)	Recommend basic 2-drug PEP	Recommend expanded 3-drug PEP	Generally, no PEP <sup>‡§</sup> warranted	Generally, no PEP <sup>‡§</sup> warranted	No PEP warranted

\* If drug resistance is a concern, obtain expert consultation. Initiation of PEP should not be delayed pending expert consultation and, because expert consultation alone cannot substitute for face-to-face counseling, resources should be available to provide immediate evaluation and follow-up care for all exposures.

† The designation, "consider PEP," indicates that PEP is optional and should be based on an individualized decision between the exposed person and the treating clinician. However, consider basic 2-drug PEP for a source with HIV risk factors, or occurs in a setting where exposure to HIV-infected persons is likely.

‡ If PEP is offered and taken, and the source is later determined to be HIV negative, PEP should be discontinued.

§ For skin exposures, follow-up is indicated only if there is evidence of compromised skin integrity (e.g., dermatitis, abrasion, or open wound).

### 2-drug regimen:

emtricitabine/tenofovir (Truvada) - 1 tablet (200mg/300mg) po once daily **or**  
 zidovudine/lamivudine (Combivir) - 1 tablet (300mg/150mg) po twice daily **or**  
 efavirenz (Sustiva) - 1 tablet (600mg) at bedtime

### Expanded 3-drug regimen:

add lopinavir/RTV (Kaletra) - 2 tablets (400mg/100mg) po twice daily

# MAP OF PERU

