

Dear members:

Please notice we are on the time limit for some of the vaccinations recommended by the Center of Disease Control for first time travelers to Peru: do not procrastinate if you need to be vaccinated, time is of essence to be well protected. Further detailed info is obtained by visiting: <http://wwwnc.cdc.gov/travel/destinations/peru.htm>

Please visit this CDC web page and then consult with your doctor. In many areas there are doctors with special knowledge in this area who may be readily available for your care. Such is also true for University students where the Medical department is very useful in these circumstances.

We specifically request to ladies and also extend this request to men, to start taking a daily dose of Iron supplements since today. Females, preferably daily, males may start every other day. Some mild constipation may be present and your stool get dark that is because of the absorption of the iron is not total and some of it go to waste. The absorbed iron will increase your content of Hemoglobin in your blood, the oxygen carrier. Thus when we get to Huancavelica at almost 12,000 feet above sea level, you may have better capacity to live and work with better oxygenation in your body. If you do not follow this advise-not specified in the CDC guidelines- you will suffer more headache, shortness of breath, fatigue than you may be able to tolerate. Follow the indications of your doctor in this regard as well.

Locals, usually have a much higher percentage of red cells and hemoglobin built by nature's adaptation process, than we normally do. Much higher. That is why they take high altitude in stride. We do not have that mechanism at sea level, and we need the iron intake to strengthen our fortitude in this regard. It is also true that by their natural system, females have lower hemoglobin than males. Please, do not disregard this advice.

Bring enough of your daily medications if you take some. And as a precaution some hand gel to clean your hands, some anti-diarrhea pills, and for some of you who get dizzy easily some traveling sickness patches. The ten hour ride to Huancavelica makes some persons feel like sea-sick. A patch in such case is indispensable.

It is cold season in that area, warm underwear is strongly advised. Buses have heating but still are cold going up and once up there nights are not warm for sure. Hotel heating is done with portable heaters, with moderate results.

We will have a meeting of all local volunteers in the area on Sunday morning June 19th. at 10:00 am at my place for initial organizational purposes. Comfortable and relaxed. Please bring your questions and take notes. If there are some specific personal questions please coordinate your inquiries with Nhan Ai Nguyen my coordinator for these matters. There will be only one additional meeting by mid July, on the 24th. If needed a third meeting before departure may be scheduled for August, but I am not counting on that right now.

Please make sure you have the needed documents for travel. And make copies of them just in case. Keep the copies separate and leave one with a trusted person in USA as well. It is easy to scan you a copy if your lose your documents. My daughter lost her USA passport in one trip and took 2 weeks to get a copy at the local embassy. Sometimes may be faster, sometimes it is as it is.

We need to know before the 15th of June your travel plans: flights number, airline, date of departure and time of arrival to Lima, if there are some stop-overs, where and if the flight number changes the arrival flight number. Why all these? We will be departing together from the Lima International Airport via private bus towards our final destination around midnite. Before we part we want to make sure all arrivals are on board.

We only can now that if we know how and when you must get to Lima. Occasionally a connection flight is missed and other incidents happen. We do not want you to arrive and be all alone without our support and we will not know if we do not have all your data, that you are not in Lima on time. Please send us your complete flying schedule. And notify us any changes. My cellular phone in Lima is as follows. Country code is (51) 992 477 205. If you have unexpected delays please call me and let us know as promptly as you can.

We had a very successful Fund Raiser three days ago, for all the California Chapter Missions. Thanks a lot to the excellent participation and help received from all the local volunteers who made it possible. We will try to post a few photos in upcoming briefing notes. And please check our webpage weekly for additional possible data at [http:// huancavelicapams.weebly.com](http://huancavelicapams.weebly.com). Nan-Ai is doing a good job with that portal for our information.

PENDING NEEDS: Huancavelica has requested some specialties we are lacking, Dermatology, Neurology, Cardiology, and we lost our initial volunteer OB-Gyn. Should you know or be able to recruit a potential volunteer in these areas, please let us know +ASAP. It will be greatly appreciated.

*Dr. Ralph Kuon,
Medical Director.*

For additional specific questions you may have please write us your concerns. Thank you for your involvement.