

## Know Before You Go!

### Address of the Clinic and Your Home

- ✓ CerviCusco  
B-8-2 Los Saúcos  
Larapa, Cusco, Peru
- ✓ The neighborhood of Larapa is located in the San Jeronimo district of Cusco. CerviCusco is located in Larapa, near the Repsol Gas Station and Andina University on the Avenida de la Cultura.

### Contact Information

- ✓ Our Volunteer Coordinator\* lives onsite and will pick you up at the Cusco airport
  - President: Daron Ferris, MD  
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  - \*Volunteer Coordinator: Kiki Cokorinos  
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### Clinic Hours

- ✓ CerviCusco is open Monday through Friday from 8 until 2. We have a half day on Saturdays and are closed on Sundays. We will work with you to plan for you to arrive during clinic hours. You should rest and acclimate during the first day.
- ✓ If you are a licensed medical practitioner, prior to your arrival CerviCusco will complete all necessary paperwork to allow you to practice at CerviCusco under the supervision of our staff. We will complete the registration for all volunteers with the Ministry of Health prior to your arrival.

### Passport Information for US Nationals

- ✓ You will register as a “tourist.”
  - Passport Information: <http://travel.state.gov/passport>
  - Register your trip at: <https://step.state.gov/step/>

### Vaccinations and Medications

- ✓ Most travelers to Cusco will not need additional vaccinations for visiting only Cusco or Lima. Discuss all medical decisions with your doctor. Suggested vaccinations:
- ✓ Hepatitis A vaccination. It is given in 2 doses spaced 6 months apart.
- ✓ Routine vaccines, if you are not up-to-date, such as
  - ✓ Measles/mumps/rubella (MMR) vaccine
  - ✓ Diphtheria/pertussis/tetanus (DPT)
  - ✓ Poliovirus vaccine
  - ✓ Influenza

- ✓ If you will travel to the jungle region, yellow fever and typhoid fever vaccinations, and malaria prophylaxis will be required.
- ✓ Consider bringing ibuprofen, acetaminophen, a decongestant, Ciprofloxacin, and any regular medications with you
- ✓ Consult with your Primary Care Physician to determine which medications and immunizations are appropriate. Pack your medications in your carry on, in their original containers. Access the [CDC website](#) for further information about precautions for Peru.

### High Altitude

- ✓ Many travelers notice the effects of high altitude upon arrival in Cusco. Cusco is situated at 11,151 feet above sea level. Most people will experience some symptoms. High altitude illness is characterized by a headache with associated loss of appetite, nausea or vomiting, fatigue or weakness, dizziness or light-headedness, shortness of breath and difficulty sleeping. Please consult with your doctor about taking any medications. The best treatment of acute high-altitude illness is rest, fluids, and medications such as acetaminophen or ibuprofen. Symptoms are generally mild and will usually resolve in 1-2 days. Avoid alcohol consumption to minimize your symptoms. Diamox (acetazolamide) is commonly prescribed prior to departure to prevent high altitude illness. You should have a prescription filled and follow your physician's instructions prior to leaving the United States. The current literature recommends 125mg of acetazolamide twice a day, beginning one day prior to arrival at altitude. Tea made from coca leaves is a local remedy that may alleviate some of the symptoms of mild acute altitude illness.
- ✓ Because CerviCusco is located at very high altitude, some individuals with moderate to severe cardiac or pulmonary disease and/or sickle cell disease should not participate. Consult your Primary Care Physician before your trip.

### Arrival in Cusco

- ✓ If you have anything to declare when you come through immigration, use the CerviCusco address at the top of this document.
- ✓ When you land in Cusco, proceed to baggage claim to collect your bags and then exit the building to find CerviCusco staff. Our Volunteer Coordinator will meet you at the airport and escort you to CerviCusco. If you wish to make other arrangements or need special accommodations please let us know in advance. You will receive an email from our Volunteer Coordinator a few days prior to your flight confirming the details of your arrival.

### Physical Requirements

- ✓ Each person must be able to adapt to the physical, mental and emotional demands of this program. Your involvement may include, but is not limited to: altitude and weather changes, walking up hills, extensive walking, stair climbing, lifting personal luggage, travel on unpaved and winding roads for extended periods of time, long bus rides, eating local foods, changing weather patterns, and long days of work with a demanding and stressful schedule.

## Suggested Apps

- ✓ **WhatsApp:** WhatsApp is the preferred texting app in Peru, allowing communication by text and voice call over WiFi. It's the easiest way for CerviCusco staff to communicate with volunteers.
- ✓ **Google Maps:** Even if you don't have a local data plan, you can download the map of Cusco to use offline, tag your favorite places and navigate using your phone's GPS.
- ✓ **Translator:** There are lots of translation apps to choose from. We recommend choosing one that works offline. Our favorites are SpanishDict, WordReference, and Google Translate.
- ✓ **DuoLingo:** This free app will help you learn and practice Spanish in advance of your trip.

## Electricity and Converters

- ✓ 220V is standard in Peru, while U.S. outlets provide 110V. Check the specifics of your charger/device to see if it is compatible with 220V. If not, you will need a power adapter. All outlets at CerviCusco, and most in Peru, are compatible with two-pronged flat and round plugs (U.S. and European style).

## Food Safety

- ✓ Tap water is not safe to drink anywhere in Peru. Drink bottled or boiled water and be careful with ice. Avoid raw or undercooked fruits, vegetables, and meat. Avoid salads or vegetables and fruits only washed with water or fruit juice reconstituted with water. Bottled water is provided in the clinic for your consumption.

## Required Supplies for CerviCusco

- ✓ Headlamp (purchase an inexpensive one)
- ✓ Gloves (6 boxes)
- ✓ Hand Sanitizer
- ✓ White Coat (for medical providers)
- ✓ Scrubs
- ✓ Flexibility
- ✓ The willingness to learn, experience new perspectives, and enjoy life!