

30 PULSE SERVICES TRAVEL VACCINATIONS & MALARIA PROPHYLAXIS

Destination	Malaria and seasons										Risk areas	Recommended regimen	Alternative regimen	Main parasitic hazards		
	Typhoid	Hepatitis A	Cholera	Diphtheria	Tuberculosis	Polio	Hepatitis B	Hepatitis C	Japanese encephalitis	Rabies						
Abu Dhabi			R													Le
Afghanistan			R	R	S	R	R	S	S	S	C		ME or DO or MON	PC	Le	
Albania			S	R							S					Le
Algeria			S	R							S	C	W			Sh Le
Angola			R	R	S	R	R	S	S	S	M		ME or DO or MON	*		Sh Ta
Antigua & Barbuda			R								C					
Argentina			S	R							S		C			P
Armenia			R								S		C			P
Australia											C	S				
Austria											S					
Azerbaijan			S	R							S		C			Le
Bahamas			R								S	S				
Bahrain			R								S	S				Le
Bali			R	R							S	C	W			
Bangladesh			R	R	S						S	C	ME or DO or MON	*		Le
Barbados			R								S	C				
Belarus			S	R							S					
Belize			S	R							S	C	C			P
Benin Republic			R	R	S	R	R	S	S	S	M	S	ME or DO or MON	*		Sh Le
Bermuda			S								S					
Bhutan			R	R							S	C	PC	DRF		Le
Bolivia			R	R							S	R	ME or DO or MON	PC		
Borneo			S	R	S						S	C	ME or DO or MON	PC		
Bosnia			R								S					Le
Botswana			R	R	S						S	C	ME or DO or MON	PC		Sh Ta
Brazil			S	R							S	R	ME or DO or MON	PC		Sh Le Tc
Brunei			S	R							S	C				
Bulgaria			R								S	S				
Burkina Faso			R	R	S	R	R	S	S	S	M	S	ME or DO or MON	*		Sh Le Ta
Burundi			R	R	S	R	R	S	S	S	M		ME or DO or MON	*		Sh Ta
Cambodia			R	R							S	C	DO or MON	*		
Cameroon			R	R	S	R	R	S	S	S	M	S	ME or DO or MON	*		Sh Ta
Canada																
Cape Verde Islands			R	R							S	C	W			Le
Cayman Islands			R								S					
Central African Rep.			R	R	S	R	R	S	S	S	M	S	ME or DO or MON	*		Sh Ta
Chad			R	R	S	R	R	S	S	S	R	S	ME or DO or MON	*		Sh Ta
Chile			S	R							S					Tc
China (Mainland)			S	R	S						S	C	ME or DO or MON	PC		Sh
China (Hong Kong)			S	S							S					
China (Macao)			S	R							S					
Colombia			S	R							S	R	ME or DO or MON	PC		Le Ta
Comoros			R	R	S						S	S	ME or DO or MON	PC		Le
Congo			R	R	S	R	R	S	S	S	M		ME or DO or MON	*		Sh Ta
Congo-Dem. Rep.			R	R	S	R	R	S	S	S	M	S	ME or DO or MON	*		Sh Ta
Cook Islands			R	R							S					
Costa Rica			S	R							S	C	C			Le Tc
Croatia			R								S					Le
Cuba			R								S					
Cyprus			S								S					Le
Czech Republic			S								S					
Djibouti			R	R	S						S	C	ME or DO or MON	*		Sh Le

Destination	Malaria and seasons										Risk areas	Recommended regimen	Alternative regimen	Main parasitic hazards					
	Typhoid	Hepatitis A	Cholera	Diphtheria	Tuberculosis	Polio	Hepatitis B	Hepatitis C	Japanese encephalitis	Rabies									
Dominican Republic			S	R	S						S	S				Yes, high risk along Haitian border, variable risk elsewhere	C	P	Sh Le
Dubai			R								S	S				No			Le
East Timor (Timor Leste)			R	R							R	S	S	S	C	Yes, high risk	ME or DO or MON	*	Le
Ecuador			R	R							R	S	S	S		Yes, high risk Esmeraldas and substantial rim bordering Colombia and Peru. Elsewhere low risk	ME or DO or MON	PC	Tc
Egypt			R	R							R	R	S	S	C	No risk tourist areas	W		Sh Le
El Salvador			R	R							S	S	S	C	Yes, very low in El Faiyum, June-Oct	W			
Equatorial Guinea			R	R	S						R	S	S	S	R	Yes, high risk	ME or DO or MON	*	Sh Ta
Eritrea			R	R							R	S	S	S	C	Yes, high risk (no risk in Asmara)	ME or DO or MON	*	Sh Le
Estonia			R								R	S	S	S		No			
Ethiopia			R	R	S	R	R	S	S	S	R	S			Yes, high risk below 2,000m (No risk in Addis Ababa)	ME or DO or MON	*	Sh	
Falklands (Tristan da C.)															No				
Fiji			S	R							S				C	No			
Finland															S	No			Le
France															S	No			
French Guiana			S	R							S	S	S	M		High risk inland and border areas, coast and islands/low no risk	ME or DO or MON	PC	Sh Tc
French Polynesia			S	R							S	S	C			No			
Gabon			R	R	S						R	S	S	M		Yes, high risk	ME or DO or MON	*	Sh
Gambia			R	R	S						R	S	S	R	S	Yes, high risk	ME or DO or MON	*	Sh Ta
Georgia			S	R							R	S	S	S		Yes, v. low risk SE villages July-Oct	W		
Germany															S	No			
Ghana			R	R	S	R	R	S	S	S	M	S			Yes, high risk	ME or DO or MON	*	Sh Ta	
Goa			R	R	S	R	R	S	S	S	C	S			Yes, variable risk	PC	DRF	Le	
Greece and Islands			S												S	No			Le
Greenland															S	No			
Grenada			R								S	S	C			No			
Guadeloupe			R								S	S	C			No			
Guam			R	R							S	S	S			No			
Guatemala			S	R							S	S	S	C		Yes, some risk below 1,500m	C	P	
Guinea			R	R	S	R	R	S	S	S	R	S			Yes, high risk	ME or DO or MON	*	Sh Ta	
Guinea Bissau			R	R	S						S	M	S		Yes, high risk	ME or DO or MON	*	Sh Ta	
Guyana			R	R							S	S	R		Yes, high risk all areas except coastal cities	ME or DO or MON	*	Sh	
Haiti			R	R	S						R	S	S	C	Yes, high risk throughout country	ME or DO or MON	PC		
Hawaii															No				
Honduras			R	R							S	S	S	C	Yes, risk variable	C	P	Le	
Hungary															S	No			
India			R	R	S	R	R	S	S	S	C	S			Yes, high risk Assam. Yes, low risk in southern states, Delhi, Jaipur, Agra, Mumbai. Yes, elsewhere	ME or DO or MON	PC	Le	
Indonesia			R	R	S						R	S	S	C	S	Yes, high risk in Lombok. Very low in Bali and cities. Yes, variable elsewhere	PC	DRF	
Iran			S	R	S						R	S	S	C		Yes, low risk in southern states, Mar-Nov	ME or DO or MON	PC	PC
Iraq			R	R	S						R	S	S	C	Rural north and Basrah province	C	P	Sh Le	
Israel			R								S	S	S		May-Nov				Le
Italy			S												S	No			Le
Ivory Coast			R	R	S	R	R	S	S	S	M	S			Yes, high risk	ME or DO or MON	*	Ta	
Jamaica			R								S				C	No			
Japan															S	No			Sh
Jordan			R								R	S	S	C		No			Le
Kazakhstan			S	R							R	R	S	S	C	No			Le
Kenya			R	R	S	R	R	S	S	S	R	S			Yes, high risk (Nairobi and highlands low risk)	ME or DO or MON	*	Sh Le Ta	
Kiribati			R	R							S	S	S	C		No			
Korea (North)			R	R							R	S	S	S	S	Yes, limited risk extreme south	W		
Korea (South)			S	S							S	S	S	S		Yes, limited risk extreme north	W		
Kosovo			R								S	S	S	S		No			Le
Kuwait			S	R							S	S	S			No			
Kyrgyzstan			S	R							R	S	S	S		Yes, low risk some S & W areas	W		Le
Laos			R	R	S						R	S	S	C	S	Extreme SW of country Jun-Oct	C		
Latvia			R								R	S	S	S	S	Yes, high risk (minimal risk Vientiane)	ME or DO or MON	*	
Lebanon			S	R							S	S	S	C		No			Le
Lesotho			R	R							R	S	S	S	C	No			Sh
Liberia			R	R	S						R	S	S	M		Yes, high risk	ME or DO or MON	*	Sh Ta

Key

M = immunisation mandatory
R = immunisation recommended as risk of infection is substantial
S = immunisation sometimes recommended:
 - for more than three visits in a one-year period
 - a stay of more than three months in a rural area
 - for high-risk occupational groups
 - for backpackers staying more than one month
 - when entering the limited geographical risk area for the target disease
C = See Yellow fever, next column

Where **S** appears for cholera, it indicates that only high-risk travellers, usually healthcare workers in areas of known epidemics, should be immunised.

Vaccinations information

Tetanus
 Five tetanus doses are considered protective for life by the DH, although there is no evidence base for this. Travellers at risk of tetanus-prone wounds should be given 10-yearly boosters if they are going to poorer countries in Africa, Asia and South America where specific immunoglobulin may be unavailable.

Polio
 All travellers should have completed the British vaccination schedule for polio immunisation in childhood or as adults.

Yellow fever
 An international Certificate of Vaccination **C** is required for travellers from yellow fever zones who wish to enter countries bordering the margins of a yellow fever endemic area, or from more distant countries where a mosquito vector provides the potential for transmission. A certificate may also be required for travellers who have been in transit through yellow fever endemic zones.

An International Certificate of Vaccination may be required (**M**=Mandatory) for all entering travellers over the age of 12 months. For further details see International Travel and Health Requirements and Health Advice, WHO, Geneva 2008. www.who.int.ith

Information source and updates
 This chart is based on information from the UK TRAVAX website and other databases. TRAVAX is an information service provided by Health Protection Scotland (www.travax.scot.nhs.uk; telephone 0141 300 1130).

The chart is updated regularly. Readers are advised to use the latest chart only, to ensure that their practice reflects the most recent advice.

Travel vaccinations and malaria information author
 Dr Michael Jones, consultant physician, Regional Infectious Disease Unit, Western General Hospital, Edinburgh

Specialist advice

For advice on complex itineraries and other queries, use the following helplines:
Birmingham 0121 424 0357/ 3354/2357
Edinburgh, Western General Hospital 0131 537 2822
National Travel Health Network and Centre (Monday to Friday, 9am-12pm, 2pm-4.30pm) 0845 602 6712 (local call rate)

Parasitic infections

Short-term travellers staying in good conditions are usually at low risk of acquiring parasitic infections. Schistosomiasis is common and potentially serious. Leishmaniasis and trypanosomiasis are less common but potentially lethal. Expatriates in remote areas at risk of other rare diseases are not shown in this chart.

Sh = schistosomiasis. Travellers should avoid swimming in freshwater lakes and rivers in endemic areas.

Ta = African trypanosomiasis (sleeping sickness). Transmitted by tse-tse flies, and a risk in some African game parks and rural areas. Travellers should use insect repellents, close windows if fly swarms approach and seek medical attention for any signs of infection around bites one to three weeks later.