

injections and acupuncture.

English
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Rabies. This is a fatal disease which can be passed on by a bite from an infected animal. Some doctors now recommend that travellers to South East Asia, India, South America and Africa should have rabies immunisation before they leave. In just one year in Hanoi alone, almost 40 people have died of rabies. Anyone who is not immunised, but is bitten by an animal while overseas should wash the bite immediately and have a vaccination against rabies straight away.

For more information about health care overseas, talk to your doctor.

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.

GOOD HEALTH FOR TRAVELLERS OVERSEAS

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NSW HEALTH
DEPARTMENT

GOOD HEALTH FOR TRAVELLERS OVERSEAS

No one wants to spoil an overseas holiday by getting sick—yet this is what happens to many travellers who don't take the right precautions. Here's what you need to know before you leave home.

Do you need immunisation? Depending on where you are travelling to, you may need immunising against some infectious diseases. These include:

Tetanus and polio. Even people who aren't travelling need booster immunisation for tetanus and polio every ten years, so make sure they're up to date.

Hepatitis B and hepatitis A. These diseases, which affect the liver, are common in some countries including Asia, South America, the Pacific Region, Africa, the Middle East and some parts of Europe. Hepatitis B, which is potentially fatal, is spread via blood and body fluids (e.g. through sex, sharing needles or sharing toothbrushes/razors with an infected person). Hepatitis A can be passed on from food and water. Tell your doctor where you're travelling to and find out if you need immunising against these and other diseases such as **typhoid, cholera and yellow fever.**

Malaria. About 1000 people in Australia develop malaria following an overseas trip - and a few die as a result. Malaria - which is common in Africa, India and other parts of Asia, including Vietnam, Laos, Cambodia, Burma, Thailand and Indonesia—is transmitted by some types of mosquito. Ask your doctor if you need to take medication to

help prevent malaria. It's also important to protect yourself from bites by using repellent and wearing long, loose-fitting, light coloured clothing. These precautions also apply to people who used to live in malaria areas before coming to Australia—although they may have had some immunity while they lived in their home country, this immunity does not last.

One problem with malaria is that the symptoms are very similar to flu. This means that people with early signs of malaria, and even some doctors, don't take these symptoms seriously—and this can be fatal. Anyone who has flu-like symptoms within six weeks of returning from a malaria area—or while they are in a malaria area—should insist on a blood test to check for the disease.

Traveller's diarrhoea. This is a common problem in some countries. To prevent it, drink only bottled water, eat food that has been thoroughly cooked and served hot, and fruit and vegetables that you peel yourself. Tell your doctor which areas you are travelling to—he or she may recommend medication to take with you to help treat gastric problems.

Sexually transmitted diseases. You are 72,000 times more likely to get HIV/AIDS than be in a plane crash! Even travellers who have no plans to have sex overseas are wise to take condoms with them anyway—no country in the world is safe from HIV/AIDS, or from other sexually transmitted diseases. It's safer to take Australian condoms with you—they are often more reliable than some products made overseas.

The trouble with needles Remember that you can get HIV/AIDS and hepatitis B from unsterilised needles used for ear piercing, tattooing,