Scheduling an Appointment with Dick's House

To schedule an appointment for a travel consult, please call the Appointment Office at 603-646-9401 and request a travel consult. It is recommended you schedule the travel consult in the next few weeks to make sure your vaccines have time to take effect.

Recommended Immunizations for all Travelers:

- Hepatitis A
- Hepatitis B
- Typhoid (oral or injection)
- Tdap or a tetanus booster if no booster in the past 10 years.
- Measles, Mumps, Rubella (MMR)
- Varicella (if not immune by history of chicken pox illness)
- Rabies vaccine if any adventurous side trips are planned.

Note: If you are taking oral typhoid vaccine you need to keep the medication refrigerated. You should also not be taking the oral typhoid while taking oral antibiotics.

Other

- Bring with you all prescription and other over the counter medications you think you may need. This includes Imodium, Pepto Bismol, cold meds, Tylenol, sun screen, bug spray with DEET, etc. Women may want to consider bringing Plan B with them since Plan B may not be available in this country. Plan B can be purchased here at a pharmacy without a prescription.

- Follow food and water precautions (drink bottled water as much as possible, avoid raw fruits and vegetables). There is a risk for traveler’s diarrhea. You will be given a prescription for Cipro (antibiotic) at your travel consult that can be taken for severe traveler’s diarrhea. You should fill this here and bring it with you in case you need it. You should take this if you develop fevers or blood in your stools. For milder diarrhea you want to focus on staying well hydrated and you can use Imodium. If you do develop fevers or blood in your stools do not take Imodium or other anti-diarrheal medications. You should only take the Cipro.

- Frequent hand washing is important because there is a risk of hand, foot, and mouth disease (Eastern and So. Central regions)

- Use sun protection.

- Avoid freshwater swimming due to the risk of Schistosomiasis (parasite found in freshwater).

- There are higher rates of HIV in China. We recommend you are cautious and use condoms with any sexual encounters.

- Security – Do not go out alone at night.
There are high levels of pollution. If you have asthma you need to remember to take with you all prescribed inhalers. The pollution may make your asthma symptoms worse.

There is a risk of TB (tuberculosis) in China. We recommend you follow up with Dick's House after you return if you develop any signs or symptoms of TB. These include fevers, night sweats, persistent cough (greater than 2 weeks), chest pain, unexplained weight loss.

There is no need for malaria medications with this itinerary. If you are planning on doing independent travel you should discuss this with your provider at your travel consult. You may need medications for malaria prophylaxis. You should still use bug spray with DEET. You should use both day and nighttime insect precautions due to the risk of other insect borne illnesses.

Avoid dogs and wild animals to protect against rabies. Monkeys should also be avoided. Any bites or scratches should be soaked and scrubbed for 15 minutes. You should then seek medical attention. You need to seek medical attention within 24 hours to start the rabies vaccine series if you have a bite or scratch.

If going into wooded areas please use DEET bug spray. There is a risk of tick borne illnesses. After being in the wooded area check yourself for any ticks.

Hantavirus – avoid rodents and rats, including excrement.

Avoid eating undercooked or raw seafood or shellfish and avoid raw vegetables and salads outside of deluxe restaurants due to the risk of an infection called Trematode.

Avoid direct contact with live birds and/or secretions (Avian flu risks).
OTHER IMMUNIZATION RECOMMENDATIONS

- **Hepatitis A**
  - China
    - *Recommended for:* all travelers.

- **Typhoid**
  - China
    - *Recommended for:* adventurous dietary habits; prolonged stays; travel (especially in rural areas) outside of common tourist packages and other pre-arranged fixed itineraries. Consider for all risk-averse travelers desiring maximum pre-travel preparation.

- **Hepatitis B**
  - China
    - *Recommended for:* prolonged stays; frequent short stays in this or other high risk countries; adventure travelers; the possibility of acupuncture, dental work, or tattooing; all health care workers; the possibility of a new sexual partner during stay; and travelers with high potential to seek medical care in local facilities. Consider for short stays in travelers desiring maximum pre-travel preparation. Increased awareness is recommended regarding safe sex and body fluid/blood precautions.

- **Japanese encephalitis**
  - China
    - Risk exists in all rural areas throughout the country except no risk exists in Lhasa and other very high altitude areas of Tibet (Xizang), Xinjiang, and Qinghai. Urban risk occurs in Yuncheng City (Shanxi Province). Risk is highest in the provinces of Sichuan, Guizhou, Shaanxi, Yunnan, and Chongqing City. Lower risk exists in coastal provinces. Sporadic cases occur on the outskirts of Beijing and Shanghai. Transmission occurs from April to October with peaks from July to September. *Recommended for:* prolonged stays or frequent short stays in risk areas; shorter rural visits by those with extensive outdoor exposure, such as hikers and adventure travelers; and all long-term urban expatriates due to the likelihood of occasional rural travel. Not recommended for urban areas or short visits to usual rural tourist sites, which may include brief periods on cruise boats. Evening and nighttime insect precautions are recommended.

- **Tick-borne encephalitis**
  - China
    - *Recommended for:* prolonged stays that include hiking, camping, or similar outdoor activities in rural wooded regions of risk areas. Risk exists in the northeast part of the country in provinces along the border with Russia (Jilin, Heilongjiang, and northern Nei Monggol provinces). Some risk may exist elsewhere but specific current epidemiologic data is unavailable. Transmission season is between April and October. Vaccine is only available in Europe (adult and pediatric formulations) and Canada (adult formulation only), and is effective against both European and Far Eastern variants of the infection. Tick precautions are recommended.

- **Rabies**
  - China
    - Risk exists in most of the country and is highest in the south and southwest regions of Guizhou, Guangxi, Hunan, and Guangdong. *Recommended for:* Prolonged stays: all travelers with a priority for young children and rural travel. Shorter stays: occupational exposure; locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; adventure travelers, hikers, cave explorers, and backpackers; and all travelers involved in any activity that might bring them into direct contact with bats. Consider for risk-averse travelers desiring maximum pre-travel preparation. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

- **Influenza**
  - China
    - *Flu* (including 2009 H1N1) is transmitted from November to April (although off-season transmission can occur), and all travelers are at increased risk. *Recommended for:* all travelers during flu season. Consider a standby treatment course of oseltamivir for unvaccinated travelers, especially those who are at high risk for complications from influenza.

- **Routine vaccinations (adults only)**
  - Tetanus/diphtheria/pertussis (all countries)—Adequate primary series plus booster within the last 10 years (Tdap or Td). Those who have not received a previous dose of an acellular pertussis-containing vaccine in adulthood should receive a one-time dose of Tdap vaccine, regardless of interval since last tetanus/diphtheria-containing vaccine.
- Measles/mumps/rubella
  - China
    - Indicated for those born in 1957 or later (1970 or later in Canada) without a history of disease, laboratory evidence of disease, or of 2 adequate doses of live vaccine at any time during their life. Many countries (including the U.K.) recommend that adults need to have had only 1 countable dose at any time during their life.
- Pneumococcal (all countries)—All adults over 65 and those with chronic disease or compromising conditions.
- Polio
  - China
    - Adequate primary series and 1 adult dose for travelers to the Xinjiang Uygur Autonomous Region, but no adult booster for other travelers.
- Varicella (all countries)—Indicated for all persons born outside the U.S. or born in the U.S. after 1979, except not indicated for persons with an adequate vaccination history (2 lifetime doses), reliable evidence of previous infection, or laboratory confirmation of immunity.

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**MALARIA**

**Malaria Information**

- China
  - General Information: predominantly *P. vivax* (*P. falciparum* is limited to Hainan and southern Yunnan). Transmission occurs from May through November north of 25°N and throughout the year elsewhere.
  - Protective recommendations:
    - Chemoprophylaxis is recommended for all travelers: altitudes below 1,500 m (4,900 ft) in some southern portions of Yunnan and Hainan provinces (see map); the outskirts of the city of Sanya.
    - Chemoprophylaxis is recommended for certain travelers (see Issues to Consider inset): some rural, remote areas of the following provinces that are rarely visited by tourists: Henan [16], Anhui [16], Guangdong [22], and Yunnan.
    - Insect precautions only are recommended (negligible transmission is reported): the central urban area of Sanya and nearby resorts in Hainan; river cruises that pass through Anhui or Henan provinces (including Yangtze river cruises); other rural areas of the country that are rarely visited by tourists (see map).
    - No protective measures are necessary (no evidence of transmission exists): all other cities; popular rural sites along usual tourist routes; other river cruises not mentioned above; altitudes above 1,500 m; all other areas not mentioned above, including the western provinces of Xizang (Tibet) and Xinjiang.

**Malaria Prophylaxis**

Drug choice depends on personal factors discussed between the traveler and medical provider. No preventive measure is 100% effective. Immediate medical attention is necessary for fever or flu-like illness within 3 months after travel in a malaria risk area. Include mention of travel history.

- China
  - Protective measures: Evening and nighttime insect precautions are essential in areas with any level of transmission. Chloroquine is protective in all areas, except in Hainan and Yunnan where atovaquone/proguanil (Malarone or generic) and doxycycline are protective.

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**COUNTRY PROFILE**

**CHINA**

**GENERAL INFORMATION**

China is a developing nation but is in the upper half of the world’s economies. Located in Southeast Asia, its climate is extremely diverse. Although almost entirely in the temperate zone, its climate ranges from tropical in the far south to subarctic in the north. Desert climate in portions of this country may aggravate respiratory conditions. (Note: Hong Kong and Macau are treated separately and have their own listings in the destination directory.)
TRAVELER'S DIARRHEA

- Minimal risk exists in deluxe accommodations but moderate risk elsewhere. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

OTHER CONCERNS

- Hand, foot, and mouth disease (HFMD) occurs throughout the year, but peaks between May and July. In 2008 and 2009, rural areas in the eastern and south-central regions were most affected. Frequent handwashing, especially in children, is recommended.
- Tuberculosis is common in all developing countries and also presents risk in certain developed countries. This country, while not in the highest risk category, has an incidence of over 25 cases per 100,000 population. Travelers planning to stay more than 3 months should have pre-departure PPD skin test status documented. Those who expect to have close contact with the local populace should be tested if staying more than 1 month. Travelers should avoid persons who are coughing in crowded public places whenever possible. Domestic help should be screened for TB.
- Crimean-Congo hemorrhagic fever: Sporadic activity occurs in Xinjiang Region (northwest China). Transmission is via infected ticks or contact with blood or infected tissue of livestock. Infection in travelers is rare. Tick precautions are recommended.
- Dengue fever presents low risk in urban and rural areas of the southern provinces of Guangdong, Guangxi, and Hainan. Risk in other regions of the country appears to be low or non-existent. No risk exists in Shanghai or Beijing. Daytime insect precautions are recommended.
- Lyme disease occurs mostly in northern and northeastern provinces through the warmer months. Sporadic cases are reported from other forested regions. Tick precautions are recommended.
- Schistosomiasis, transmitted by waterborne larvae that penetrate intact skin, presents significant risk in Lake Dongting, Lake Poyang, the Yangtze River and surrounding marshlands (in Hunan, Jiangxi, Anhui, Hubei, and Jiangsu provinces), and mountainous regions of Sichuan and Yunnan provinces. Travelers should avoid freshwater exposure in these areas.
- Hantavirus: Hantaan virus, a hantavirus causing severe hemorrhagic fever with renal syndrome, is transmitted by rodents and occurs in eastern provinces including Heilongjiang, Jilin, Liaoning, Shaanxi, Shandong, Zhejiang, and Hebei, and also Inner Mongolia Autonomous Region. Cases of Seoul virus, a related virus, have also been reported in Beijing and Shenyang. Risk is minimal for most travelers. Avoid contact with mice and voles (including their excreta) in rural areas and rats in urban areas.
- Avian influenza H5N1, excreted in large amounts in the droppings of infected birds, is endemic. Sporadic human cases acquired by direct contact with poultry are reported in this country. The last human case was reported in December 2011. The last case in birds was reported in December 2011. China has reported bird and/or human cases of H5N1 throughout most of the country. Although risk to travelers is minimal, avoid places where direct contact with birds and/or their secretions may occur, such as live animal markets and poultry farms. Well-cooked chicken is safe to eat. Current influenza vaccines are not protective. Oseltamivir is effective.
- Trematode infection (liver, lung, and intestinal flukes): risk is present. Travelers should avoid undercooked fish and shellfish, and raw vegetables and salads outside of deluxe establishments.
- Monkey bites occur among tourists. Monkeys may transmit a number of diseases, including rabies and herpes B. Avoid feeding monkeys; if bitten, immediately wash and scrub the bite for at least 15 minutes, and seek urgent medical consultation.
- Altitude sickness: Chemoprophylaxis with acetazolamide should be considered for travelers anticipating rapid ascent to sleeping altitudes above 2,800 meters (9,200 feet). The elevation of Lhasa (Tibet) is 3,700 meters. Much of Qinghai and Xinjiang and parts of Sichuan, Yunnan, and Gansu have elevations above 4,000 meters.
- Pollution: due to the burning of soft coal during the winter, all major cities and especially those with heavy industry are heavily polluted with potential for significant exacerbation of respiratory conditions including asthma.
- Marine hazards may include jellyfish, coral, and sea urchins.

MEDICAL CARE

- A high level of medical care is available at 1 or more internationally staffed hospitals in Beijing and Shanghai. Adequate medical care is available at 1 or more internationally staffed outpatient clinics in Beijing, Shanghai, Nanjing, Tianjin, Guangzhou, and Shekou, and may be available in other major cities. Adequate evacuation insurance coverage for all travelers is a high priority. In the event of a serious medical condition, medical evacuation to Hong Kong is likely to be necessary. Hospital accommodations, and medical care in general, are inadequate throughout the rest of the country, and advanced technology is lacking. Shortages of routine medications and supplies may be encountered.
• For emergency services, dial 110. Dial 120 for ambulance. Operators typically speak Chinese only.
• Ambulances do not carry sophisticated medical equipment. Injured or seriously ill travelers may prefer to take a taxi or other immediately available vehicle to the nearest major hospital rather than waiting for an ambulance.
• Hospitals in major Chinese cities often have VIP wards (geogan bingfang), which are fairly modern and typically staffed with well-trained English speaking doctors and nurses. However, even in these VIP/foreigner wards, English-speaking patients frequently encounter difficulty due to cultural, language, and regulatory differences.
• Cash payment for services is often required prior to treatment, including emergency cases. Travelers will be asked to post a deposit prior to admission to cover the expected cost of treatment. Hospitals in major cities may accept credit cards.
• Rh-negative blood may be difficult to obtain; the blood type of the general Asian populace is Rh positive.

TRAVEL ADVISORY

The material below has been compiled or quoted verbatim from the consular websites of the United States, United Kingdom, Canada, and Australia and, in some cases, the U.S. Overseas Security Advisory Council and internationally recognized media sources. Standard safety precautions that apply to all international travel are not included in this advisory. Please refer to the "Safety and Security" handout for standard precautions.

Visa/HIV Testing
Visa applicants may need to meet specific requirements. Review the application and contact the appropriate embassy or consulate with questions. According to the U.S. Department of State, China no longer restricts tourists with HIV from visiting, but will not issue them residence permits.

Consular Travel Warning
Due to military conflict in Burma’s Shan State, a Canadian consular warning currently advises against non-essential travel to border areas near Burma, in the province of Yunnan.

Personal Safety
Violent clashes between the military and armed groups have been reported in Burma’s Shan State, bordering the Chinese province of Yunnan. Violence may spill across the border.

There is a risk of armed bandit attacks in remote areas bordering Pakistan, Burma, Laos, Vietnam, and Russia. In Yunnan Province, drug smuggling and related crimes occur. The security situation in Xinjiang is volatile due to heightened ethnic tensions.

Crime against travelers occurs, especially in major cities and tourist areas. Petty crime, such as pickpocketing, purse snatching, and theft of mobile phones and laptop computers, is prevalent. Petty crime and sexual harassment occur on buses and overnight trains. Violent crime is rare.

Demonstrations are illegal and should be avoided. Participants may be subject to severe legal action.

Pirate attacks and armed robbery against ships in the South China Sea occur. Mariners should take appropriate precautions.

Trekkers should not venture alone in remote or sparsely-populated areas.

Travel
Poor driving standards and poor road conditions make travelling hazardous. Traffic is chaotic and largely unregulated, and right-of-way and other courtesies are usually ignored. Traveling after dark outside major cities is not recommended.

Child safety seats are not widely available in China. Pedestrians never have the right of way.

Travelers must hold a foreigner residence permit and meet local requirements to obtain a Chinese driver’s license.

China has an extensive system of passenger trains. Taxis are plentiful in major cities and can be obtained at hotels or taxi stands. Rental cars are available only in the largest cities. Ferry incidents have occurred in China due to the overcrowding of some vessels.

China is located in an active seismic zone. The rainy (or monsoon) season extends from April to October. Severe rainstorms can cause flooding and landslides and can result in significant loss of life, extensive damage to infrastructure and can
hamper the provision of essential services. Flooding is common in central, western, and southern China, particularly the areas bordering the Yangtze River. Typhoons are common along the southern and eastern coasts.

Air pollution is severe, especially in heavily industrialized areas; levels change quickly and should be closely monitored. Dust storms sometimes occur across the north of the country.

The U.S. Federal Aviation Administration has assessed this country’s civil aviation authority and determined that it licenses and oversees air carriers in accordance with aviation safety standards established by the International Civil Aviation Organization.

Other
There are restrictions on certain religious activities, such as preaching, distributing literature, and associating with unapproved religious groups, including some Christian, Buddhist, and Muslim organizations.

Drug offenders receive severe penalties, including the death sentence.

Photography of military installations or government buildings may result in a penalty.

Travelers must carry their passport with them at all times and present it to local authorities upon request.

Detention during the investigative period before charges are filed is common and can be lengthy.

Homosexuality is not illegal although there are no specific laws in place to protect the rights of LGBT people.

Many regions, such as Tibet and other remote areas, require special permits for tourist travel.

Security personnel may place travelers under surveillance. Hotel rooms, offices, cars, taxis, telephones, Internet usage, and fax machines may be monitored onsite or remotely, and personal possessions in hotel rooms, including computers, may be searched without consent or knowledge.

Many websites, including social networking sites, are blocked. Internet activity may be monitored.

China does not recognize dual nationality.

Modern tourist facilities are available in major cities, but many facilities in smaller provincial cities and rural areas may be below international standards.

China remains largely a cash economy. The currency is the renminbi (RMB). The basic unit of currency is the yuan. It is illegal to use foreign currency. Foreign currency should be exchanged at officially approved government facilities only. Major credit cards are not widely accepted in China, but are accepted in hotels and some larger shops.

Consular Information

Selected Embassies or Consulates in China

- U.S. Embassy: No. 55 An Jia Lou Road, Chaoyang District, Beijing, Tel.: 86-10-8531-3000, E-mail: amctbeijing@state.gov, Web: beijing.usembassy-china.org.cn. Consulates: Number 4, Lingshiguan Road, Section 4, Renmin Nanlu, Chengdu 610041, Tel.: 86-28-8558-3922, E-mail: consularchengdu@state.gov, Web: chengdu.usembassy-china.org.cn. Number 1 South Shamian Street, Shamian Island 200S1, Guangzhou 510133, Tel.: 86-20-8518-7605, after hours Tel: 86-20-8121-8000, E-mail: GuangzhouACS@state.gov, Web: guangzhou.usembassy-china.org.cn. Westgate Mall, 8th Floor, 1038 Nanjing Xi Lu, Shanghai 200031, Tel.: 86-21-3217-4650 ext. 2102, 2013, or 2134, after hours Tel: 86-21-6433-3936, E-mail: shanghaisacs@state.gov, Web: shanghai.usembassy-china.org.cn. No. 52, 14th Wei Road, Heping District, Shenyang 110003, Tel.: 86-24-2322-1198, E-mail: ShenyangACS@state.gov, Web: shenyang.usembassy-china.org.cn
- Canadian Embassy: Consular Section, 19 Dongzhimenwai Dajie, Chaoyang District, Beijing 100600, China, Tel.: 86-10-5139-4000, E-Mail: beijing.consular@international.gc.ca, Web: www.china.gc.ca
- U.K. Embassy: 11 Guang Hua Lu, Jian Guo Men Wai, Beijing 100600, Tel.: 86-10-5192-4000, E-mail: consular.beijing@fco.gov.uk, Web: ukinchina.fco.gov.uk/en
BASIC PREVENTIVE MEASURES
Most travel-related health problems can be significantly reduced through appropriate behavior by the traveler. Risk can be minimized by adherence to the following measures.

INSECT PRECAUTIONS

- Significant or potentially life-threatening illnesses transmitted by insects are a threat in the tropics and are best prevented by personal protective measures.
- Clothe yourself to reduce as much exposed skin as practicable.
- Apply a repellent containing DEET (concentration 30 to 35%) or picaridin (concentration 20% or greater). The repellent should be applied to all exposed non-sensitive areas of the body. Frequent application ensures continuous protection. The time of day and type of insects to be avoided determine when the repellent should be applied.
- Treat outer clothing with permethrin (or other pyrethroid) when at risk of malaria or other mosquito-borne or tick-borne diseases.
- Sleep under a permethrin impregnated bed net when at risk of malaria.
- If not in a sealed air-conditioned room, ensure all open windows have insect screens.
- Use an aerosol insecticide before going to bed and a vaporizer device throughout the night.
- Outdoors, a smoldering pyrethroid coil can be used to reduce flying insects.

SAFE FOOD and WATER

- Traveler's diarrhea is always caused by something you ate or drank.
- Always wash hands with soap before eating and after using the toilet.
- Avoid purchasing food from dubious eating places, markets, and roadside vendors.
- Files feed on both feces and food. Avoid buffets where there are no food covers or fly controls.
- Avoid high risk food such as shellfish, undercooked meats and poultry, dairy products, mayonnaise, unpeeled fruits, and salads.
- Avoid both tap water and drinks or ice made from tap water, unless you are advised by a reliable fellow foreigner that they are safe.
- Use sealed bottled water or chemically treated, filtered, or boiled water for drinking and brushing teeth.

BLOOD-BORNE and SEXUALLY TRANSMITTED DISEASES (STDs)

- STDs, hepatitis B, and HIV are generally more prevalent in developing countries. Unprotected casual sex whether with the local population or with fellow travelers is always high risk.
- Inhibitions are diminished when traveling away from the social constraints of home. In addition, excess alcohol and other recreational drugs can influence behavior and encourage unintentional risk exposure.
- HIV and hepatitis B may be transmitted through blood, blood products, and contaminated surgical or dental instruments. These may be required following accidents or trauma. Consider carrying a needle and suture kit for high risk areas. If possible, defer medical treatment and travel to a facility where safety can be assured. Tattooing and body piercing carry similar risks.

SAFETY and CRIME AVOIDANCE

- Make sure at least one other person knows your whereabouts and expected schedule at all times.
• Use extra caution in tourist sites, market places, elevators, crowded subways, train stations and festivals, and avoid marginal areas of cities.
• Use only "registered" taxis, preferably radio taxis.
• Avoid visible signs of wealth in dress or jewelry.
• Be constantly attentive to surroundings and be wary of any stranger who engages you in any form of conversation or touches you in any way no matter how accidental the contact may appear to be.
• Carry only a photocopy of your passport face page and legal entry stamp; leave the actual passport in a hotel safe or at your residence.
• Wear your hand bag across your chest to prevent it from being snatched.
• Familiarize yourself with common local scams and distraction techniques.
• If you are confronted, give up your valuables. Money and passports can be replaced; you cannot.
• U.S. citizens can register foreign trip and residence information with the Department of State at travelregistration.state.gov/ibrs, which facilitates communication and assistance in case of an emergency.

Safety In the Hotel

• Keep your hotel door locked at all times.
• Look for fire safety instructions in your hotel room. Familiarize yourself with escape routes upon arrival.
• Keep valuables in the room safe or the hotel safe.

Safety When You Drive

• Try to drive with windows closed.
• Keep car doors locked at all times.
• Wear seat belts at all times.
• Avoid driving at night or alone, and never drive outside urban areas after dark.
• Don't drink and drive.
• Never drive a motorcycle or scooter abroad.
• If available, long-stay and business travelers should arrange a locally purchased mobile phone to be in the vehicle whenever traveling.

SWIMMING and WATER EXPOSURE

• Currents, tides, and underwater hazards put swimmers at risk of drowning. Heed posted warnings at organized beaches, and do not bathe at unmarked, unpatrolled beaches.
• Avoid any exposure, even wading, in any part of any body of water known to be infected with schistosomiasis (bilharzia).
• Do not swim in water where there is sewage contamination or algae present.
• Do not walk on any beach after dark no matter how apparently busy, well-lit, or patrolled.

RABIES

• Never presume an animal is free of rabies.
• Don't stroke or handle pets or unknown animals. Children need to be closely supervised.
• If bitten, scratched, or licked on broken skin, cleanse the wound immediately with soapy water and seek postexposure treatment for rabies.

SKIN/WOUND CARE

• Broken skin may become infected and lead to serious problems. Any bite, cut, or broken skin should be cleaned with safe water. Apply an antiseptic as a solution or spray. Avoid creams since they can trap dirt.
• Increasing pain, redness, or discharge from a cut suggests a spreading infection and may require antibiotic treatment. Seek medical help.

TUBERCULOSIS

• Tuberculosis is prevalent in most developing countries and also presents risk in certain developed countries. Avoid crowded public transportation or crowded public places which are poorly ventilated.
• Distance yourself immediately from anyone with a chronic or heavy cough.
• Screen domestic help for tuberculosis.
• Long-stay residents should have a TB skin test pre-departure and once per year thereafter.

PRE-TRAVEL CHECKLIST

• Before departure, if you are using medication or have a medical condition, ensure adequate supplies of medication for the full journey and that they are securely packaged in their original containers and carried in more than one place. You should have a letter from your physician, stating your condition and the medications and/or medical supplies you are carrying.
• Always arrange adequate medical and evacuation insurance when traveling. Ensure all pre-existing medical issues are declared to the insurer so that non-covered conditions are ascertained in advance. Have the contact details recorded and accessible at all times during travel.
• Pre-departure medical and dental exams are advised.
• Pack a spare pair of eyeglasses or contact lenses, and adequate cleansing solution if applicable.
• If you have concerns about jet lag, altitude illness, or motion sickness ask your travel health provider about medications that may be suitable for you.
• Pack sunglasses, wide-brimmed hats, sunscreen lotions, and lip protection to avoid sun exposure problems during travel.

Food and Beverage Precautions

It is difficult, if not impossible, to guarantee the safety of food and beverages when traveling, especially in developing countries. Without strict public health standards, bacteria or parasites in food or water may go undetected and cause illness such as traveler’s diarrhea. However, travelers can continue to enjoy local foods—this is part of the pleasure of international travel. Just be sure to follow food and water precautions and concentrate on eating the types of food that tend to be safest.

Traveler’s diarrhea is caused by something the traveler ate or drank. While it may not be possible to avoid diarrhea in certain high-risk destinations even with the strictest adherence to preventive measures, the risk can be minimized by following the guidelines below.

FOOD PRECAUTIONS

Travelers should:

• Eat at establishments that are known to cater to foreigners or that are specifically known by other foreigners to be safe.
• Eat foods that are well-cooked and served steaming hot.
• Eat breads, tortillas, crackers, biscuits, and other baked goods.
• Eat fruits, nuts, and vegetables with thick skins, peels, or shells that you remove yourself.
• Eat canned foods.
• Always wash your hands with soap before eating and after using the toilet.

Travelers should NOT:

• Eat any food from street vendors or market stalls.
• Eat leafy or uncooked vegetables and salads. Some organisms in soil and water are not destroyed by normal cleaning methods.
• Eat undercooked, raw, or cold meat, seafood, and fish.
• Eat large carnivorous fish, especially from reef areas. Many contain concentrated toxins.
• Eat or drink unpasteurized dairy products such as cheese, yogurt, and milk. Be particularly wary of ice cream and other frozen confections that may have been made or stored in contaminated containers.
• Eat cold sauces such as mayonnaise, salad dressing, chutneys, or salsas, which are usually raw and made by hand.
• Eat buffet foods such as lasagna, casseroles, and quiches—unless you know they are fresh (not reheated) and have been kept steaming hot. Avoid buffets where there are no food covers or fly controls.
• Eat creamy desserts, custards, or sauces that may not have been adequately refrigerated.

BEVERAGE PRECAUTIONS
In developed countries, clean drinking water is available right out of the tap and breakdowns in the system are rare. Developing countries, however, don't always have the resources needed to ensure a pure water supply, and consequently tap water is not safe to drink. Even if the people who live there can drink the water, travelers should not assume that they can. Local residents have built up immunity to organisms in the water, but visitors have not. As a result, tap water can make travelers sick.

When traveling through areas with less than adequate sanitation or with water sources of unknown purity, travelers can reduce the chance of illness by following these precautions.

Travelers should:

- Use sealed bottled water or chemically treated, filtered, or boiled water for drinking and for brushing teeth.
- Drink beverages made only with boiled water whenever possible (such as hot tea and coffee). Water boiled for any length of time (even 1 minute), at any altitude, is safe to drink.
- Drink canned, boxed, or commercially bottled carbonated water and drinks. International brands are safest. Beware of unsealed containers that may have been re-filled.
- Safely drink beer and wine; however, alcohol added to beverages does not render them safe.
- Carry safe water with you if you are going out for the day and where availability of safe water is not assured.
- Breast-feeding is the safest food source for infants who are still nursing. If formula is used, it must be prepared with boiled water and sterilized containers.

Travelers should NOT:

- Drink tap water.
- Rinse toothbrush in tap water.
- Use ice unless it is made from boiled, bottled, or purified water. Freezing does not kill the organisms that cause diarrhea.
- Assume that water is safe because it is chlorinated. Chlorination does not destroy all the organisms that can make you ill.
- Drink from wet cans or bottles—the water on them may be contaminated. Dry wet cans/bottles before opening and clean all surfaces that will have contact with the mouth.
- Drink fruit juice unless it comes directly from a sealed container; otherwise it may have been diluted with tap water.

Insect Precautions

In the tropics, insects can transmit significant illnesses such as malaria, dengue, yellow fever, and rickettsial disease—some potentially life-threatening. These diseases are best prevented by personal protective measures. In some cases (e.g., malaria or yellow fever), a preventive drug or vaccine is available as well but should never replace personal protection measures. Travelers to areas where insects that transmit these diseases may be present can help minimize their risk by following the insect precautions and protective measures discussed below.

PERSONAL PROTECTION MEASURES

- Wear clothing that exposes as little skin as is practicable.
- Apply a repellent containing the insecticide DEET (concentration 30 to 35%) or picaridin (concentration 20% or greater for tropical travelers).
  - Picaridin products in the U.S. with 20% concentration include Natrapel (Tendercorp) and Picaridin Insect Repellent (Sawyer). Picaridin is also known as Icaridin in some countries.
  - Picaridin has a pleasant smell, an advantage over DEET.
- The repellent should be applied to all exposed nonsensitive areas of the body. Frequent application ensures continuous protection.
- The time of day and type of insects to be avoided determine when the repellent should be applied.
  - Mosquitoes that transmit malaria (Anopheles mosquitoes) are generally night biters. Thus, if traveling in a malarious area, be especially vigilant in applying repellent from dusk to dawn.
  - Mosquitoes that transmit dengue (Aedes mosquitoes) are generally day biters, and travelers need to be especially vigilant applying repellent during daytime hours when in areas of dengue risk. Peak biting times are usually during the early morning hours and again from late afternoon to dusk.
- Treat outer clothing with permethrin (or other pyrethroid) when traveling in an area of high risk for malaria or other mosquito-borne or tick-borne diseases.
If you are not sleeping in a sealed, air-conditioned room, sleep under a permethrin-impregnated bed net when at risk of malaria. Regularly check the net for rips and tears, and keep it tucked in around the bed at all times. Ensure that all open windows have insect screens.

- Use an aerosol insecticide before going to bed and a vaporizer device throughout the night.
- Outdoors, a smoldering pyrethroid coil can be used to reduce flying insects.
- In areas where tick-borne disease is a risk, perform a full body check at least once a day.

**INSECTICIDES**

The most effective repellents contain **DEET** (N, N-diethyl-meta-toluamide) or **picaridin** (Natrapel, Picaridin Insect Repellent, Cutter Advanced*, Cutter Advanced Sport*, KBR3023, Bayrepel, Autan, (RS)-sec-butyl 2-(2-hydroxyethyl). Picaridin is now considered to have comparable efficacy and duration of protection to DEET at the same concentration. Both compounds have now been shown to be effective under actual field conditions in tropical countries against both *Anopheles* and *Aedes aegypti* mosquitoes.

**Duration of protection:** With both DEET and picaridin, the duration of effectiveness increases as the concentration of repellent increases. With DEET, the effect on duration of protection plateaus at about 50% concentration. Products with less than about 20% picaridin or DEET have a relatively short duration of protection and should be discouraged for use in tropical travelers. The optimal concentration of DEET is considered to be 30-35%. When used by tropical travelers in appropriate concentrations (that is, 20% or greater), picaridin should be applied every 4-6 hours. In the U.S., there are 2 products containing 20% picaridin: Natrapel (Tendercorp) and Picaridin Insect Repellent (Sawyer).

**Use in children:** Both DEET and picaridin-containing repellents can be used in children ≥ 2 months of age. The maximum concentration of DEET that should be used in children is 30%. There is no information on the maximum concentration of picaridin for children. Picaridin is more pleasant smelling than DEET.

**Use in pregnancy and breastfeeding:** Picaridin can be used by pregnant women but should not be applied directly to the abdomen. DEET has been shown in 1 study to be safe in the second and third trimesters of pregnancy when used at concentrations of 20% or lower, but the use of DEET in the first trimester has not been well studied. If extensive exposure is anticipated, pregnant women should consider more frequent repellent application since lower concentrations are often used. Neither DEET nor picaridin should be used while breastfeeding, due to a lack of data.

**Safety:** DEET is effective against mosquitoes, ticks, fleas, and chiggers and is a remarkably safe insect repellent; only 30 cases of severe toxicity have been reported among billions of uses over 30 years. Most cases of toxic encephalopathy or seizures were reported in young children in whom excessive amounts were used over prolonged periods. There is no long-term information available on the use of picaridin but toxicity tests in animals have shown it to be extremely safe.

The use of another repellent, IR3535 (3-(N-acetyl-N-butyl) amino-3-propionic acid ethyl ester; Bug Guard Plus*), is more controversial, and conflicting data exist over its effectiveness. IR3535 is recommended by WHO as equivalent to picaridin at the same concentration. IR3535 repellents can be used in children ≥ 6 months of age, but due to a lack of data, they should not be used by pregnant or nursing women. In the U.S., IR3535 repellents are available in a range of concentrations up to 20%.

An increasing number of botanical repellents containing eucalyptus, citronella, soybean oil, geranium oil, castor oil, and 2-undecanone are marketed. At present insufficient evidence exists that these are viable alternatives to DEET or picaridin.

The following precautionary measures can minimize the possibility of adverse reactions to insect repellent containing DEET or picaridin:

- Use repellents according to label directions.
- Apply repellents sparingly and only to exposed skin or clothing.
- Repellents should not be inhaled or ingested and contact with the eyes should be avoided.
- Avoid applying repellents to portions of children’s hands that are likely to have contact with eyes or mouth.
- Never use repellents on wounds or irritated skin.
- Wash repellent-treated skin after coming indoors if there is no further risk of exposure to insects.
- If a suspected reaction to insect repellent occurs, wash treated skin and seek medical attention.
- Pregnant and nursing women should minimize use of repellents since about 6-9% of the chemical is absorbed through the skin.
Travelers also should purchase a pyrethroid-containing flying-insect spray to use in living and sleeping areas during evening and nighttime hours.

For added protection against mosquitoes, bednets and clothing may be soaked in or sprayed with permethrin. Permethrin is an insecticide licensed for use on clothing; when applied according to directions it can be effective on clothing for several months and on bednets for half a year. Permethrin physically binds to the fabric, which then can be repeatedly washed without loss of effect; this also prevents absorption through skin. In some countries, deltamethrin liquid is available.

* Use of brand names is for informational purposes only and does not constitute preference for one brand over another.

Shoreland's recommendations, which focus primarily on the risk to the individual traveler, reflect a synthesis and reconciliation of available authoritative advice from CDC, WHO, and other global authorities as well as ongoing surveillance and the published literature. These recommendations may differ from those of individual countries' public health authorities. Furthermore, Travax country-specific recommendations pertain to healthy adult travelers. Guidance regarding pediatric and special needs travelers can be found under the relevant topic in the Travax Information library.

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Malaria

General Information: predominantly P. vivax (P. falciparum is limited to Hainan and southern Yunnan). Transmission occurs from May through November north of 25°N and throughout the year elsewhere.

Protective recommendations:

Chloroquine is recommended for all travelers: altitudes below 1,500 m (4,900 ft) in some southern portions of Yunnan and Hainan provinces (see map); the outskirts of the city of Sanya.

Chloroquine is recommended for certain travelers (see Issues to Consider above): some rural, remote areas of the following provinces that are rarely visited by tourists: Hubei [12], Hunan [13], Anhui [16], Guizhou [22], and Yunnan.

Insect precautions only are recommended (negligible transmission is reported): the central urban area of Sanya and nearby resorts in Hainan; river cruises that pass through Anhui or Hubei provinces (including Yangtze river cruises); other rural areas of the country that are rarely visited by tourists (see map).

No protective measures are necessary (no evidence of transmission exists): all other cities; popular rural sites along usual tourist routes; other river cruises not mentioned above; altitudes above 1,500 m; all other areas not mentioned above, including the western provinces of Xinjiang (Tibet) and Xizang.

Protective measures: evening and nighttime insect precautions are essential in areas with any level of transmission. Chloroquine is protective in all areas, except in Hainan and Yunnan where atovaquone/proguanil (Malarone or generic) and doxycycline are protective.

Issues for Medical Providers to Consider

Factors favoring chemoprophylaxis:
- Adventurous travelers
- Risk-averse travelers
- Vulnerable travelers
- Immigrants visiting friends and relatives
- Flexible itineraries
- Travel longer than 1 month
- Unsuitable medical expertise and/or treatment drugs at destination

Factors against chemoprophylaxis:
- Air-conditioned hotels only
- Urban areas only
- Non-transmission season
- Minimal nighttime exposure
- Travel shorter than 3 days

See the "Technical Explanation of Malaria Mapping" document for more information.