



# Travel safe

Before you go on your vacation, here's an update on some of the latest outbreaks and the injections you might need for popular travel destinations. See your doctor for a check-up at least two to four weeks before travelling.

 Against Influenza; peak flu season from November to April.


**UPDATE**

- Salmonella infections reported since June 2008, but outbreak appears to be over.
- Measles outbreaks still reported, especially among unvaccinated school children.

 Against Influenza; peak flu season with the onset of winter in the Northern Hemisphere.

**UPDATE**


- Measles outbreaks reported mainly among unvaccinated children.

 Against Influenza; peak flu season from November to April.

- Against Hepatitis A and typhoid recommended.

**UPDATE**

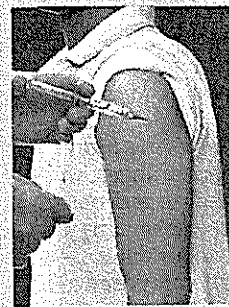
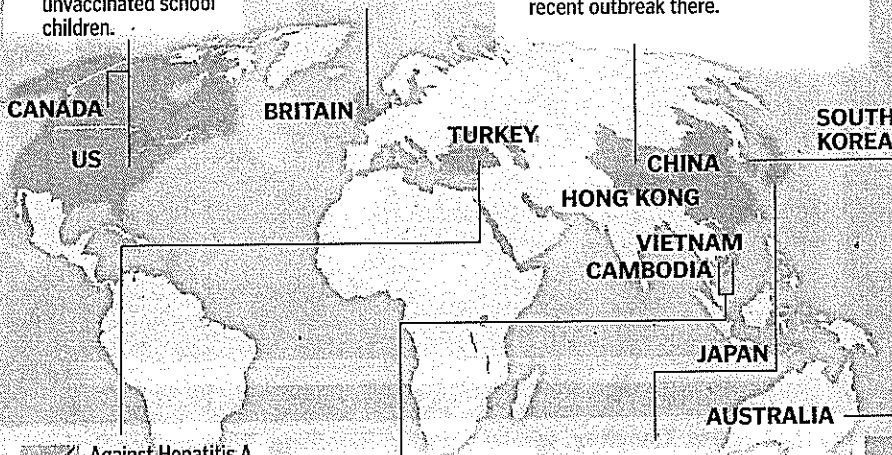
- A small outbreak of hand, foot and mouth disease (HFMD) was reported in Hong Kong this year.
- Bird Flu (H5N1) outbreaks in domestic and wild birds in China.
- Meningococcal vaccine advisable for travellers to Anhui Province due to a recent outbreak there.


 Against typhoid for those planning to eat and drink outside major restaurants and hotels.

- Against Hepatitis A recommended.

**UPDATE**


- Most recent outbreak of Bird Flu (H5N1) reported in May in Seoul and all poultry in the city were destroyed. No human cases have been reported.



 Against Hepatitis A which is transmitted through contaminated food and water.


**UPDATE**

- Salmonella infections outbreak in September.
- Outbreak of Crimean-Congo haemorrhagic fever (CCHF), a disease transmitted by ticks from infected livestock, reported earlier this year in many provinces.

 Against Japanese encephalitis, Hepatitis A and typhoid recommended.


**UPDATE**

- Cholera outbreak in March, mainly in Hanoi.
- HFMD reported in Vietnam, killing several young children.

 Against Influenza; flu season begins in November.

**UPDATE**

- If you are staying long-term in and travelling to rural areas, get vaccinated for Japanese encephalitis (JE). This serious mosquito-borne illness can cause permanent brain damage and has been reported in recent years on all islands in Japan except Hokkaido.

 No special vaccinations needed unless you recently travelled to yellow fever-infected countries in Africa or South America.

**UPDATE**

- Alerts for mosquito-transmitted diseases such as Murray Valley encephalitis, Ross River virus, JE. Travellers are advised to protect themselves with insect repellent. Vaccination to protect against JE is available.

**For those going on adventure trips or off-the-beaten-track places, these vaccines are a must**

**Rabies immunoglobulin:** Travellers who might be in direct contact with animals.

**Yellow fever:** An acute viral disease prevalent in many African and South American countries.

**Hepatitis B:** Vaccinations are highly recommended for those seeking medical treatment overseas or who may have sexual contact with the local population.

SOURCES: WHO, CENTRES FOR DISEASE CONTROL AND PREVENTION, SINGAPORE HEALTH PROMOTION BOARD, MOH

GRAPHICS: TIEN CHUNG PING PHOTO: JOSEPH NAIR FOR THE STRAITS TIMES

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