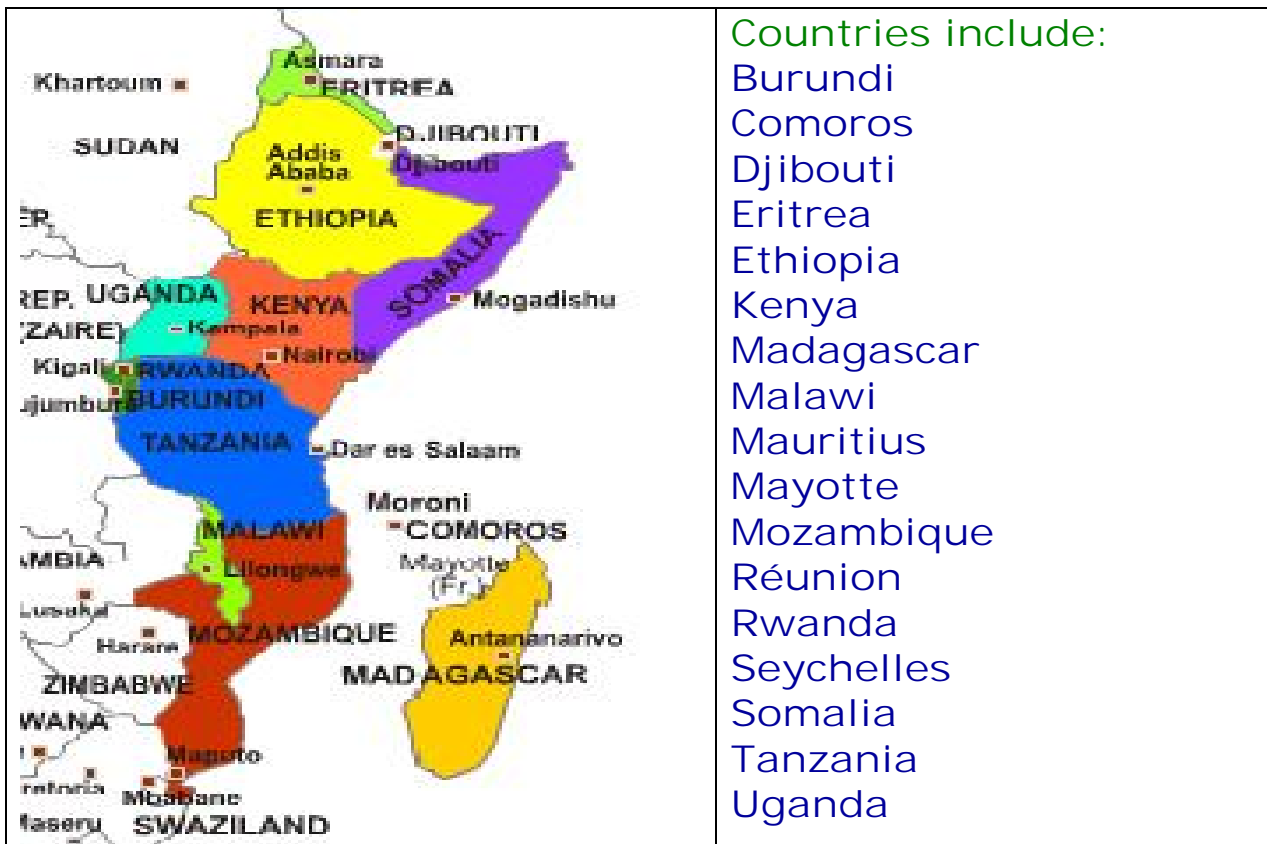




Travel Medicine Information for Countries in East Africa From VaccinesDoctor.COM

Vaccine and Immunization Information for Travelers to Countries in East Africa



Health Information for Travelers to Countries in East Africa

Recommended Vaccinations and Preventive Medications

The following vaccines may be recommended for your travel to East Africa. Discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

- **Hepatitis A** or immune globulin (IG). Transmission of Hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables,

- or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.
- **Hepatitis B**, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.
 - **Malaria:** Your risk of Malaria may be high in **all countries** in East Africa including cities. See your health care provider for a prescription antimalarial drug.
 - **Rabies**, pre-exposure vaccination, if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities.
 - **Typhoid**, Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors.
 - **Yellow Fever**, a viral disease that occurs primarily in Sub-Saharan Africa (West Africa) and Tropical South America, is transmitted to humans through the bite of infected mosquitoes. The virus is also present in Panama and Trinidad and Tobago. Yellow fever vaccination is recommended for travelers to endemic areas and may be required to cross certain international borders. Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk.
 - As needed, booster doses for **Tetanus-Diphtheria, Measles**, and a one-time dose of **Polio Vaccine** for adults.

Required Vaccinations

A certificate of Yellow Fever vaccination may be required for entry into certain countries in East Africa.

Diseases found in the East Africa (risk can vary by country and region within a country; quality of in-country surveillance also varies)

The preventive measures you need to take while traveling in the East Africa depend on the areas you visit and the length of time you stay. You should observe the precautions listed in this document in most areas of this region.

Malaria:

Malaria is always a serious disease and may be a deadly illness. Humans get Malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites.

East Africa:

Your risk of malaria may be high in all countries in East Africa, including cities. All travelers to East Africa, including infants, children, and former residents of East Africa, may be at risk for malaria. Prevent this serious disease by seeing your health

care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites.

Yellow Fever:

East Africa:

A certificate of Yellow Fever vaccination may be required for entry into certain countries in East Africa. Find the nearest authorized U.S. yellow fever vaccine center for more information.

Food and Waterborne Diseases:

Make sure your food and drinking water are safe. Food and waterborne diseases are the primary cause of illness in travelers. Travelers' Diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout East Africa and can contaminate food or water. Infections may cause diarrhea and vomiting (E. Coli, Salmonella, Cholera, and Parasites), fever (Typhoid Fever and Toxoplasmosis), or liver damage (Hepatitis).

Other Disease Risks:

East Africa:

Dengue, Filariasis, Leishmaniasis, Onchocerciasis (River Blindness) and Rift Valley Fever are other diseases carried by insects that also occur in this region. Protecting yourself against insect bites will help to prevent these diseases. African Sleeping Sickness (African Trypanosomiasis), which is transmitted through the bite of an infected tsetse fly, can be found in distinct areas of East Africa except Djibouti, Eritrea, Somalia, and the island countries of the Atlantic and Indian Oceans. The number of cases of African sleeping sickness in travelers, primarily to East African game parks, has increased in recent years. A number of Rickettsial Infections also occur in this region. Wearing protective clothing and avoiding rural areas or areas of dense vegetation along streams, is the best protection. Schistosomiasis, a parasitic infection, is found in fresh water in the region, including Lake Malawi. Do not swim in fresh water (except in well-chlorinated swimming pools) in these countries. Polio has also resurfaced in Ethiopia since 2003. Other infections that tend to occur more often in longer-term travelers (or immigrants from the region) include Tuberculosis, HIV and Hepatitis B.



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