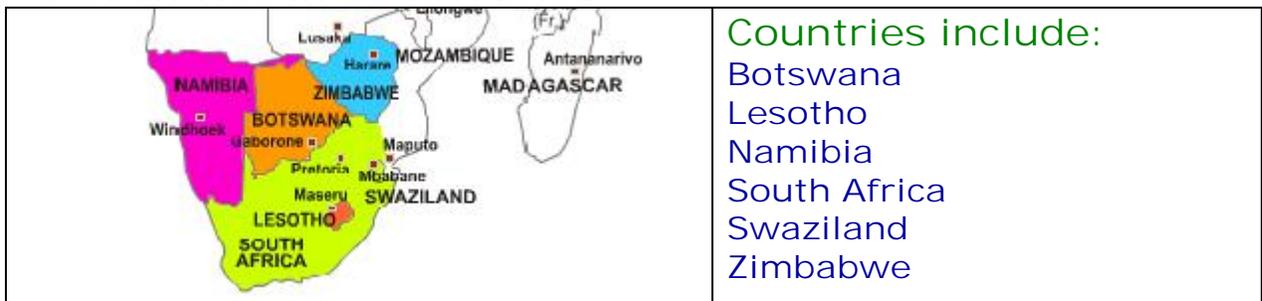




Travel Medicine Information for Countries in South Africa From VaccinesDoctor.COM

Vaccine and Immunization Information for Travelers to Countries in South Africa



Health Information for Travelers to Countries in South Africa

Recommended Vaccinations and Preventive Medications

The following vaccines may be recommended for your travel to South 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 some of the countries in the South Africa Region.
- **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.

Diseases found in the South 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 South 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.

South Africa:

Your risk of malaria may be high in all countries in Southern Africa, including cities. All travelers to Southern Africa, including infants, children, and former residents of Southern 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:

South Africa:

There is no risk for Yellow Fever in Southern Africa. A certificate of Yellow Fever vaccination may be required for entry into certain of these countries if you are coming from countries in South America or sub-Saharan Africa.

Food and Waterborne Diseases: (All Regions in Africa)

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 South 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:

South Africa:

Dengue, Filariasis, Leishmaniasis, Onchocerciasis (River Blindness), and Trypanosomiasis (Sleeping Sickness) are other diseases carried by insects that

also occur in this region, mostly in rural areas. Protecting yourself against insect bites will help to prevent these diseases (DEET). African Tick Bite Fever, a rickettsial infection, is common in South Africa, Botswana, Swaziland, Lesotho, and Zimbabwe. African Sleeping Sickness can occur in Botswana and Namibia. 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 this region, particularly in Botswana, Namibia, South Africa, and Swaziland. Do not swim in fresh water (except in well-chlorinated swimming pools) in Southern African countries.



Global Travel
MEDICINE CONSULTS

Copyright © 2010 VaccinesDoctor.com, Inc. All Rights Reserved