



Travel Medicine Information for Countries in Southeast Asia from VaccinesDoctor.COM

Vaccine and Immunization Information for Travelers to Countries in Southeast Asia



Health Information for Travelers to Countries in Southeast Asia

Recommended Vaccinations and Preventive Medications:

- Hepatitis A or immune globulin (IG).
- 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.
- Japanese encephalitis, if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis.
- Malaria: your risk of malaria may be high in some of the countries in these regions. See your health care provider for a prescription antimalarial drug.
- Rabies, 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, particularly if you are visiting developing countries in this region. Vaccination is particularly important because of the presence of S. Typhi strains resistant to multiple antibiotics in the South Asia region.
- TAs needed, booster doses for Tetanus-Diphtheria and Measles. A one-time dose of Polio for adults is recommended for some countries in the Southeast Asia Region.

Diseases found in Southeast Asia (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 Southeast Asia 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.

Travelers to malaria-risk areas, including infants, children, and former residents of Southeast Asia, should take an antimalarial drug. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites. There is no malaria risk in Singapore and Brunei.

Yellow Fever:

There is no risk for Yellow Fever in Southeast Asia. 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:

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 East Asia 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:

Southeast Asia:

Dengue, Filariasis, Japanese Encephalitis, and Plague are diseases carried by insects that also occur in this region. Protecting yourself against insect bites will help to prevent these diseases. Avian influenza is also present throughout this region. Polio has resurfaced in Indonesia. Rabies is common in the region and poses a risk to travelers, especially to rural areas.

Do not swim in fresh water (except in well-chlorinated swimming pools) in certain areas of Cambodia, Indonesia, Laos, Philippines, and Thailand to avoid infection with Schistosomiasis, Leptospirosis, a bacterial infection often contracted through recreational water activities in contaminated water, such as kayaking, is common in tropical areas of this region. An outbreak was reported among expedition travelers in 2000.



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