

Health Information for Travelers to Thailand January 1-22, 2009

Immunizations for the following diseases are recommended prior to your travel to Thailand.

MEASLES, MUMPS & RUBELLA: Measles and rubella are viral illnesses that begin with fever and rash. Mumps involves infection of the salivary glands. All are spread by coughing, sneezing or other respiratory or oral contact. **If born after 1956 you need two doses of measles vaccine for adequate protection.**

TETANUS: Bacterial disease resulting in muscle rigidity (lockjaw). Spread through open wounds, especially in deep puncture wounds, in contact with soil, street dust, human or animal feces. **Adults need a Tetanus booster every 10 years.**

POLIO: a viral infection, causing fever, malaise, headache, nausea, vomiting, muscle pain, stiffness of neck and back which may result in paralysis. The polio virus is transmitted person-to-person fecal-oral route and in rare instances by milk and food stuffs.

HEPATITIS A: A disease with abrupt onset of fever, malaise, anorexia, nausea and abdominal discomfort followed within a few days by jaundice (yellowing of the skin and eyes). It is spread person-to-person by the fecal-oral route through ingestion of contaminated food or water. **Immunization should be given 2 weeks prior to travel.**

HEPATITIS B: A disease of the liver spread through contact with an infected person's blood or body fluids. **You are at increased risk of exposure to Hepatitis B, if you are exposed to blood, have sexual contact with an infected person, choose to have a piercing or tattoo, or need medical treatment.**

TYPHOID FEVER: A system-wide disease with sudden fever, headache, malaise, anorexia, spleen enlargement, rash. Spread by food (especially shellfish, raw fruits, vegetables and milk) or water contaminated by feces or urine of a typhoid patient. **Immunization should be given at least 2 weeks prior to travel to this area.**

The following immunizations are important in protecting you from the above-mentioned diseases you could be exposed to. If you are UWGB student and need an immunization or have questions, contact UW-Green Bay Counseling and Health Center, 465-2380 or your private physician.

Immunization	Recommended for	Number of doses (shots)	UW-GB Cost
MMR (measles, mumps, rubella)	All persons 1+ years of age	2 shots since 1st birthday if born after 1956	FREE
Tetanus (Td)	All persons	1 booster every 10 years	FREE
Hepatitis A	All unvaccinated persons	1 shot with booster 6 to 12 months	\$27/each
Hepatitis B	All unvaccinated persons	3 shots in a 6 month time frame	\$37.00/each
Typhoid Fever	All unvaccinated persons	1 shot with booster every 2 years.	\$47
Polio (IPV)	Travelers to Thailand	Adults one time booster	Not available at UW-GB*

*Can only be purchased in 10 dose vials would need 10 persons to sign up in order to purchase it.

Precautions:

- Pregnant women must contact their physician regarding immunizations. It is also recommended that you do not become pregnant for 3 months after receiving an MMR or Typhoid immunization.
- If you have any chronic health problems or have had a reaction to a previous immunization consult with your personal physician regarding the advisability of these immunizations.

You will be traveling during “flu” season.

Influenza “Flu” is a viral infection of the nose, throat, bronchial tubes and lungs that can make people of any age ill. Typical influenza illness is characterized by abrupt onset of fever, sore throat, nonproductive cough and generalized body aches and soreness. Although most people are ill for only a few days, some people have a more serious illness and may need hospitalization.

A “Flu Vaccine” is available to help protect you from the flu. If you are interested in getting the vaccine, you can contact your family physician or receive it through UW-Green Bay Health Services.

Call 456-2380 to make an appointment to see a nurse as soon as possible if you wish to be immunized through UW-Green Bay Counseling and Health Center.

All travelers should take the following precaution, no matter the destination:

- Wash hands often with soap and water.
- Use sunscreen and lip balm with SPF 15 or greater, wear a hat to protect your face, and avoid sun when it’s strongest, usually 10 a.m. to 2 p.m. Choose sunglasses that block at least 99 percent of UVB rays and at least 95 percent of UVA rays.
- Drive defensively, avoid travel at night if possible and always use seat belts. *Motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively.*
- Food and water precautions:
 - Don’t eat or drink dairy products unless you know they have been pasteurized.
 - Consider choosing bottled beverages as they are likely safest.
 - Never eat undercooked ground beef and poultry, raw eggs, and unpasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.
 - Maintain extra precaution with buffets, salad bars and outside vendors.
 - Avoid all direct contact with poultry, including touching well-appearing, sick or dead chickens and ducks. Avoid places such as poultry farms and bird markets where live poultry are raised or kept. Also avoid handling surfaces contaminated with poultry feces or secretions.
- Protect yourself from insects.
 - Apply repellants containing 30-50% DEET to clothing and skin.

- Wear long-sleeved shirts, long pants and hats to minimize areas of exposed skin. Tuck in shirts and tuck pants into socks and boots for further protection when at increased risk.
- If you are sexually active always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Don't share needles with anyone.
- If you are in unfamiliar company, be cautious about leaving your drink unattended or accepting an opened beverage from a stranger.
- Avoid contact with all animals including freely roaming cats and dogs. **Rabies is almost always transmitted by the bite of an infected animal. Dogs are the main reservoir of the disease in many countries. While traveling it is wise to avoid contact with ALL animals.**

Important information specific to your area of travel:

Food and Water Precautions:

- Traveler's diarrhea is acquired through ingestion of fecal contaminated food and/or water. Avoid any foods that cannot be cooked or peeled by you.
- Chlorinated water does not necessarily guarantee safety. Chlorine may significantly reduce the microorganism count in water but not destroy all the germs.
- In areas where sanitation and hygiene are poor, you should assume the only safe drinks are canned or bottled carbonated drinks. Even bottled water should be carbonated to ensure that the bottle has not been simply refilled with local water and recapped. Avoid ice cubes. Freezing tends to preserve microorganisms rather than destroy them.
- Remember: water that is unsafe to drink is unsafe for brushing teeth, rinsing contact lens, or washing near your mouth.

Risky foods and beverages:

- raw meat
- raw seafood
- raw fruits and vegetables, unless peeled by the traveler
- un-pasteurized milk products
- street vendor foods/beverages
- ice cubes

Generally safe food and beverages:

- cooked foods that are still hot
- fruit with unbroken skin that is peeled by the traveler
- canned or bottled carbonated beverages
- wine and beer
- hot coffee and tea
- boiled water or water appropriately treated with iodine or chlorine

A good rule of thumb: *"If you can't cook it, peel it, or boil it, forget it!"*

The following are disease risks that might affect travelers:

Dengue, Japanese encephalitis, and malaria are diseases carried by insects that occur in this region. Protecting yourself against insect bites will help to prevent these diseases. Although repellents containing picaridin and p-menthane-3,8-diol (the active ingredient of oil of lemon eucalyptus) are available in the United States and considered safe and effective for domestic use, their effectiveness against the mosquitoes that transmit Japanese encephalitis are unknown and so DEET containing repellents should be used.

Japanese encephalitis virus (JEV) is a mosquito-borne *Flavivirus* that is closely related to West Nile and St. Louis encephalitis viruses. JEV infection occurs throughout most of Asia and is the most common cause of encephalitis in that region. JEV is transmitted by the *Culex* mosquitoes although the mosquitoes prefer to feed on large domestic animals and birds, if an infected mosquito bites a human, infection and subsequent illness can occur. JEV is not transmitted directly from person to person. **The risk to short-term travelers** and those who confine their travel to urban centers is very low. Travelers with extensive outdoor, evening, and nighttime exposure in rural areas, such as bicycling, camping, working outdoors, or sleeping in unscreened structures without bed nets, may be at high risk even if their trip is brief. **JEV vaccination** should be considered for persons who plan to live in areas where JE is endemic or epidemic, and for travelers whose activities include trips into rural farming areas. Short-term travelers, especially those whose visits are restricted to major urban areas, are at lower risk for infection and generally do not require the vaccine. **The transmission season in Thailand is May to October. For more information on Japanese Encephalitis refer to:** <http://wwwn.cdc.gov/travel/yellowBookCh4-JapaneseEncephalitis.aspx>

Malaria:

You are **not** at risk of exposure to Malaria while in Bangkok, Chiang Mai, Chiang Rai, or Pattaya. You are **not** at risk in cities or major tourist resorts. There is a risk however in rural areas that border Cambodia, Laos and Myanmar.

Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek immediate medical attention and should tell the physician your travel history .

Avian influenza (H5N1) continues to cause outbreaks in domestic and wild bird populations and has caused human cases in several countries in Southeast Asia. Avoid all direct contact with birds, including domestic poultry (such as chickens and ducks) and wild birds, and avoid places such as poultry farms and bird markets where live birds are raised or kept.

After You Return From Your Trip:

- Monitor your health.

- If you become ill with fever and develop a cough or difficulty breathing or if you develop any illness during this 10-day period, consult a health-care provider. When visiting the health care setting, tell the provider where you have traveled, what you did, how long you stayed, what you ate and drank and if you recall being bitten by insects.

We hope you find this information helpful in preparing for your trip. If you have questions, please contact the Counseling & Health Center, 465-2380.

More information is also available at www.cdc.gov where you can look under “Travelers Health”. It is also advised to refer to the information provided at <http://travel.state.gov>.