

# HEALTH TIPS FOR TRAVELERS

## The Netherlands

### April-July 2009

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

**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. **This is very important because of the recent measles and mumps outbreaks.**

**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.**

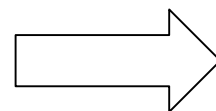
**HEPATITIS A:** A disease with abrupt onset of fever, malaise, anorexia, nausea and abdominal discomfort followed within a few days by jaundice (yellowing of the skin and eyes). It is spread person-to-person by the fecal-oral route through ingestion of contaminated food or water. **Immunization should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

**The following immunizations are important in protecting you from the above-mentioned diseases you could be exposed to. If you are a currently enrolled UW-GB 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)	Cost at UW-GB
MMR (measles, mumps, rubella)	Any person over 1 year of age. <b>Very important because of measles and mumps outbreaks.</b>	2 shots since 1st birthday if born after 1956	FREE
Tetanus (Td)	Any person	1 booster every 10 years	FREE
Hepatitis A	Precautionary. No increased risk of exposure in Western Europe.	1 shot with booster dose in 6 to 12 months Should be given at least 2 weeks prior to travel.	\$27/each
Hepatitis B	Any person.	3 shots given over a 6 month time frame	\$37.00/dose

If you have any chronic health problems or have had a reaction to a previous immunization, it is recommended that you consult your personal physician regarding the advisability of these immunizations.



**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.

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

- Wash hands often with soap and water or use waterless, alcohol-based hand gels when soap is not available and hands are not visibly soiled to remove potentially infectious material from your skin and help prevent disease transmission.
- Don't eat or drink dairy products unless you know they have been pasteurized.
- 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.
- Do not eat uncooked or undercooked poultry or poultry products, including dishes made with uncooked poultry blood.
- Avoid all contact with poultry (chickens, ducks, geese, pigeons, turkeys, and quail) or any wild birds, and avoid settings where poultry may be present such as poultry farms and bird markets where live poultry are raised or kept. Also avoid handling surfaces contaminated with poultry feces or secretions.
- Don't share needles with anyone.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid travel at night if possible and always use seat belts.
- 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.**

**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 the following 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.**

- If you have questions, please contact the UW-GB Counseling & Health Center, 465-2380.
- More information is also available at [www.cdc.gov](http://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>.

**ENJOY YOUR TRIP!!**