

HEALTH TIPS FOR TRAVELERS

New Zealand

March-June 2009

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

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.**

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 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)	At UW-GB
Measles, Mumps, Rubella (MMR)	All person over 1 year of age	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 New Zealand.	1 shot with booster dose in 6 to 12 months Should be given at least 2 weeks prior to travel.	\$27/dose
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 .

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Also 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. To receive it through UW-Green Bay Health Services, call 465-2380 for more information.

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

- Wash hands often with soap and water.
- Don’t eat or drink dairy products unless you know they have been pasteurized.
- Never eat undercooked ground beef and poultry, raw eggs, and un-pasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.
- 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.
- 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.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Don’t share needles with anyone.
- 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 travel region:

- **Protection from insect bites:**
 - You may be at risk of exposure to diseases like Ross River Virus and Murray Valley Encephalitis depending on the areas of the country to visit and the time of year you travel. These diseases are spread through mosquito bites. One of the best protections is to prevent such bites by:
 - Using insect repellent with 30-50% DEET. Picardin available in 7%-15% concentrations needs to be applied more frequently.
 - Wearing long-sleeved shirts which should be tucked in, long pants and hats to cover exposed skin.

After You Return From Your Trip:

- Monitor your health. If you are not feeling well get medical attention and let your health care provider know when and where you have traveled.

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 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!!