



CHANCELLOR PARK
FAMILY MEDICAL PRACTICE
17-19 Chancellor Park Marketplace
18 University Way, Sippy Downs Q.4556
Ph: 5445 6853 Fax 5445 2405



1900 969 359*
www.travelclinic.com.au

How to avoid preventable infections overseas

Hepatitis A

A viral infection of the liver spread by food, water or person-to-person contact. It is very common in developing countries where sanitation is poor. Symptoms in adults include jaundice (yellowing of the skin), fatigue, nausea, stomach pains, fever, pale stools and dark urine. It is spread by eating contaminated food or water.

- ✓ Vaccination is recommended before travel to high risk areas
- ✓ Only drink purified water
- ✓ Only eat well-cooked foods

Hepatitis B

This viral infection of the liver is spread by sexual contact, contaminated blood, needles, body piercing and tattooing. Common in Africa, Southeast Asia, the Middle East, the interior Amazon Basin and certain parts of the Caribbean

- ✓ Vaccination is recommended before travel to high risk areas and those intending to participate in high risk activities
- ✓ Always use condoms
- ✓ Never re-use syringes
- ✓ Never share razors, shavers or toothbrushes
- ✓ Don't get tattooed or have your body pierced

Rabies

Rabies is a viral infection of the brain that can follow a bite, scratch or even a lick from an infected animal. It is widespread but more common in developing countries. It is fatal if not treated with prompt immunisation after infection.

- ✓ People at risk of exposure should have pre-exposure vaccinations
- ✓ Avoid contact with wild animals
- ✓ Seek prompt medical attention if you think you might have been exposed even if you have been vaccinated

Cholera

Cholera causes rapid dehydration, which if untreated can lead to death within 24 hours. It may be present in Asia, the Middle East, Africa, Indian subcontinent, parts of Europe, South and Central America including Mexico. It is spread by eating contaminated food and water.

- ✓ Vaccination is recommended before travel to a high risk area
- ✓ Only drink purified water
- ✓ Only eat well cooked food

Malaria

This is a parasitic disease carried by mosquitoes. It is prevalent in tropical parts of Africa, South America and parts of Asia. It causes flu-like symptoms initially, progressing to seizures, coma, breathing and kidney problems. Because malaria is resistant to certain drugs, you need to ask your health care provider for the appropriate drug for your destination.

- ✓ Avoid mosquito bites
- ✓ Avoid outdoor activities between dusk and dawn
- ✓ Use a good insect repellent Wear long sleeves and pants
- ✓ Sleep behind fly screens or under mosquito nets

Typhoid

A life-threatening infection caused by bacteria that spreads from the digestive tract to attack the whole body. Symptoms include high fever, headache, tiredness, loss of appetite, dizziness, abdominal pain, nausea, chills, constipation and diarrhea. Common in Africa, Asia, the Middle East, the Caribbean and Central and South America. It is spread by eating contaminated food and water.

- ✓ Vaccination is recommended before travel to a high risk area
- ✓ Only drink purified water
- ✓ Only eat well cooked food

Yellow Fever

This is a viral illness causing flu-like symptoms, nausea, vomiting, bleeding, abdominal pains and jaundice (yellowing of the skin). It is found in Central and South America as well as tropical regions of Africa. It is carried by mosquitoes. It is a legal requirement to have a yellow fever certificate to enter Australia and some other countries if you have traveled in a yellow fever area.

- ✓ Avoid mosquito bites
- ✓ Avoid outdoor activities between dusk and dawn
- ✓ Use a good insect repellent Wear long sleeves and pants
- ✓ Sleep behind fly screens or under mosquito nets
- ✓ Wear long sleeves and pants

Traveller's Diarrhoea

This is a mild to moderately serious infection caused by one of a number of food and water-borne bacteria. It is common in all countries but is widespread among travelers to developing countries. Symptoms include fever, diarrhoea, vomiting, dehydration and malaise

- ✓ Medication recommended for high risk areas
- ✓ Only drink purified water
- ✓ Only eat well-cooked food
- ✓ Brush your teeth in purified water
- ✓ Avoid ice in your drinks unless you know it's safe