

# Vaccinations

Criteria of vaccination recommendations depend on a wide variety of factors:

1. traveller's vaccination and immunity status
2. risk of destination country depending on location, duration and type of journey
3. entry requirements
4. medical history

Before every journey, you should check whether or not the **overall recommended vaccinations** are up-to-date.



Everyone should have sufficient immunity against **tetanus**, **diphtheria**, **pertussis** (whooping cough) and **polio** (booster shot every 10 years).

The **measles**, **mumps** and **rubella** vaccine should be received in two doses during childhood. Adults born after 1970 with an unclear immunity status, without or with only one vaccination ought to be vaccinated.

## Particular travel injections

**Hepatitis A** is an infectious disease found throughout the world and is transmitted via smear infection, infected water or food products. Symptoms are fever, muscle aches, nausea, diarrhoea and following jaundice. The hepatitis A vaccination requires two injections. After the second dose is given six to 12 months after the first one, the protection will last for about 25-30 years. A first dose given directly before going on a journey ensures adequate primary protection.

**Hepatitis B** is an infection of the liver spread throughout the world. This virus is transmitted through contact with infected body fluids, especially sperm (sexual contact), and blood/blood substitutes. Symptoms are similar to those of hepatitis A, but the chronic course is very dangerous. This vaccination is recommended (amongst others) for

1. children (in Germany as part of the general vaccination programs)

2. travellers staying in malaria risk areas for a longer period of time
3. medical staff
4. and people living in the same household as infected people.

Only rural areas in Asia are affected by **Japanese Encephalitis**, a disease that causes severe brain inflammation. A vaccination is recommended in case of long-term journeys under simple conditions.

**Rabies** is transmitted via bite wounds (saliva of dogs, bats, monkeys and foxes). This disease may break out even months or years after an infection and is always lethal, because there is still no effective treatment available. The best prophylaxis is to avoid contact with animals. A vaccination is recommended for

1. children who travel into risk zones
2. adults who will stay during a longer period in risk zones where no vaccine is available.

**Typhus** is a salmonella infection by *Salmonella typhi/paratyphi*. This disease occurs in countries with bad hygienic conditions. A vaccination is recommended in case of long-term stays.

**Cholera** is transmitted through contaminated water and is only a problem in case of catastrophes in countries with very low hygienic standards. There is no increased risk for standard travellers.

**Yellow fever** is a viral disease transmitted by mosquitoes and cannot be treated with medicine. A vaccination is recommended and obligatory for some countries in Central Africa and South America. A vaccination in Germany is only possible in some specialized accredited agencies.

As the name suggests, **tick-borne encephalitis (TBE)** is transmitted by ticks. After harmless flu-like symptoms such as fever, neurological symptoms may develop in rare cases. Three doses (within 6-12 months) are recommended for travellers planning on outdoor activities in endemic areas (Scandinavia, Western and Central Europe and countries of the former Soviet Union).

**If there are any individual questions we recommend contacting aqua med's medical emergency hotline at +49 421 240 110-10.**

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