

Health and vaccination on travel

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Vaccinations:

- The recommendations for vaccination depend on the destination, type and duration of the journey and the endemic situation at any time.
- The person's health, age and previous immunization status should also be considered.



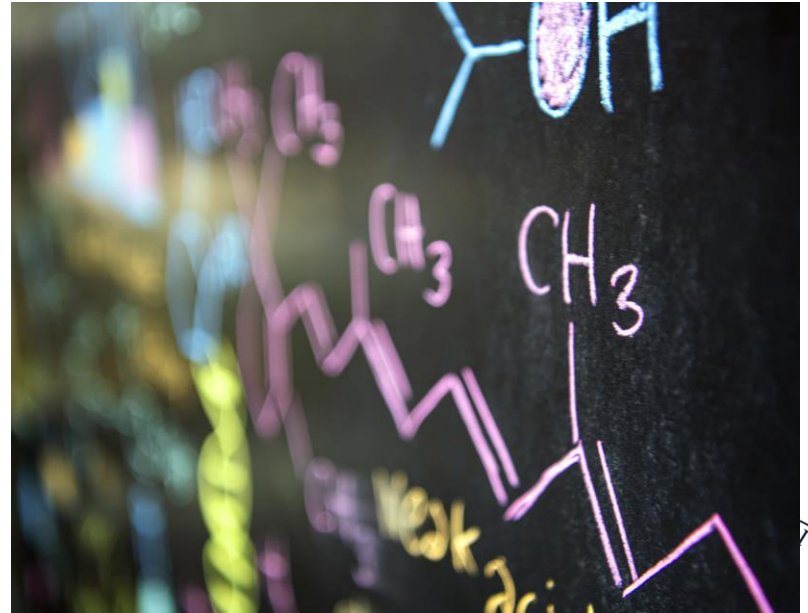
The vaccinations which are necessary, or recommended before travel depends on several factors:

- where you are travelling to,
- for how long,
- the purpose of your trip: foreexample good living standard in a hotel, back-packing, field work etc.
- whether a particular disease is endemic in the area you are travelling to.



Institutions:

- Some Universities, schools and hospitals, demands more vaccines if you are studying or working there for a longer period. You must check with your institution which vaccines they demand.
- Such vaccine requirements can be MMR, varicella, meningitis, Covid-19 and BCG.
- It is often required documentation if you already have these vaccines (or a blood test). Start collecting this information early as it is often more time-consuming than you think.



Plan ahead:

- For most vaccines, it takes 1-2 weeks before they are effective and for some two or more doses are required.
- For optimal effect, vaccination should therefore be given at least 4-5 weeks before departure.

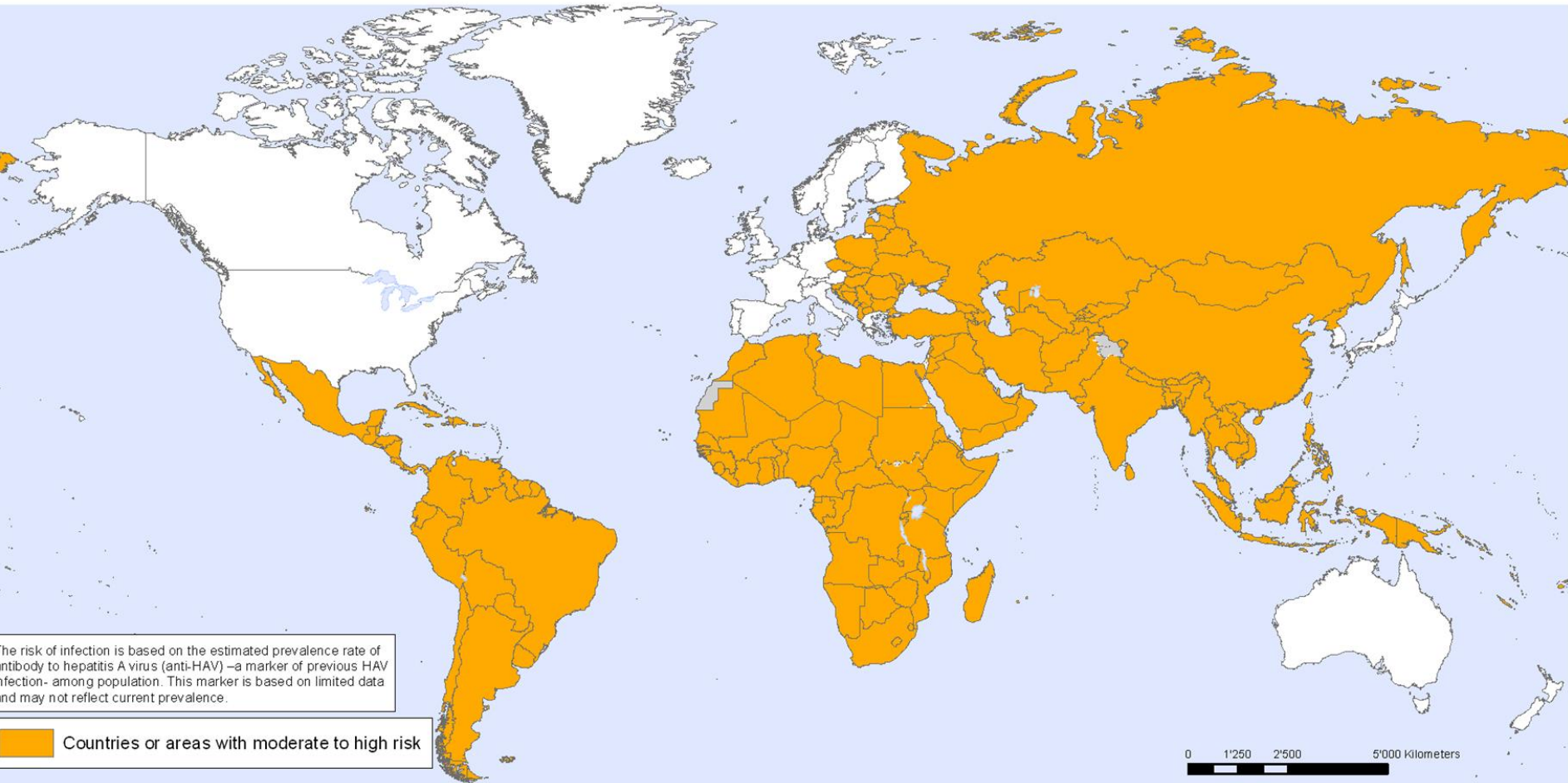


Vaccines that everybody should have:

- Everyone should be vaccinated against diphtheria, tetanus, whooping cough (pertussis) and polio. Adults who were vaccinated in childhood should receive a booster dose against these diseases every 10 year.
- This is regardless if you are going on travel or not
- Hepatitis A vaccine is recommended for travelers to many non-western destinations.



Hepatitis A, countries or areas at risk

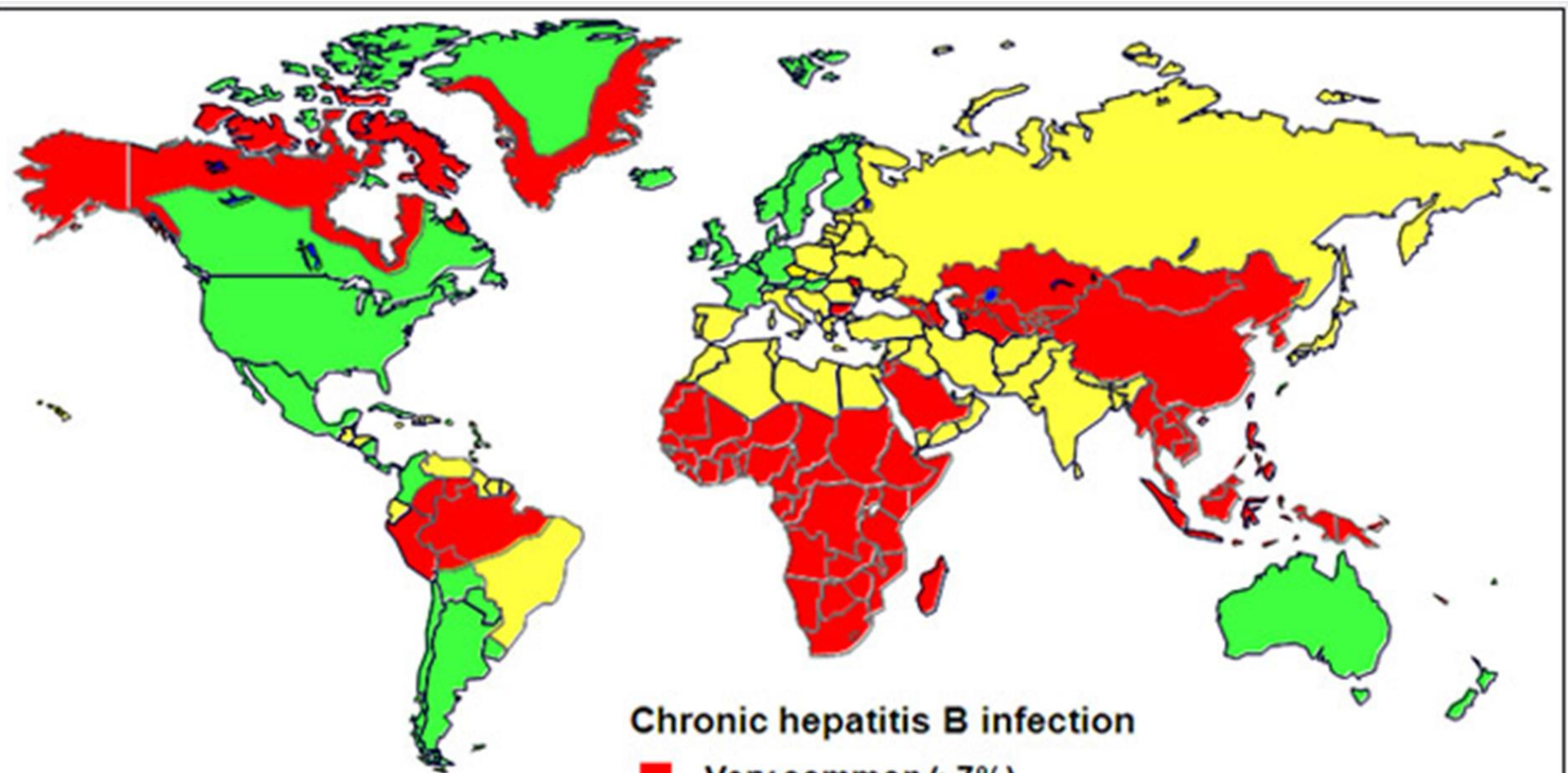


The risk of infection is based on the estimated prevalence rate of antibody to hepatitis A virus (anti-HAV) –a marker of previous HAV infection- among population. This marker is based on limited data and may not reflect current prevalence.

Other vaccines to consider:

- Hepatitis B
- Yellow fever
- Thyphoid
- Cholera
- Rabies
- Meningitis
- Japanese encephalitits
- Dengue fever (reccomended for people who has had dengue fever once before)





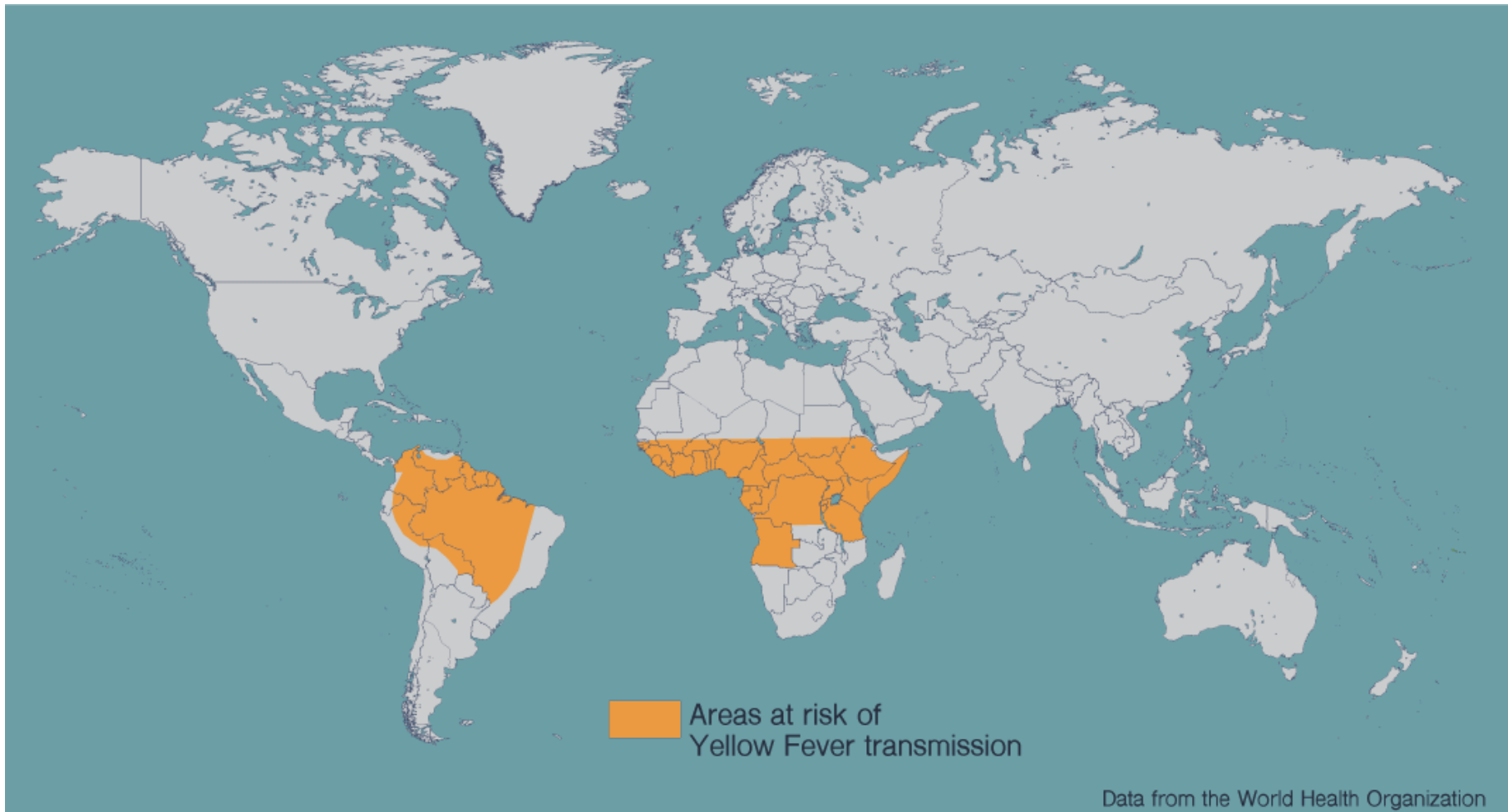
Chronic hepatitis B infection

- Very common (>7%)
- Common (2-7%)

Vaccine against yellow fever:

- Yellow fever is endemic in Africa and South America
- The yellow fever vaccine is recommended for travel to countries where there is risk of infection (about 20 degrees north/south of equator in Afrika and South-America).
- Many countries require an international certificate of vaccination against yellow fever upon arrival.
- The vaccination certificate is from 2016 approved as valid for life (not 10 years as it was earlier), ten days after basic vaccination.





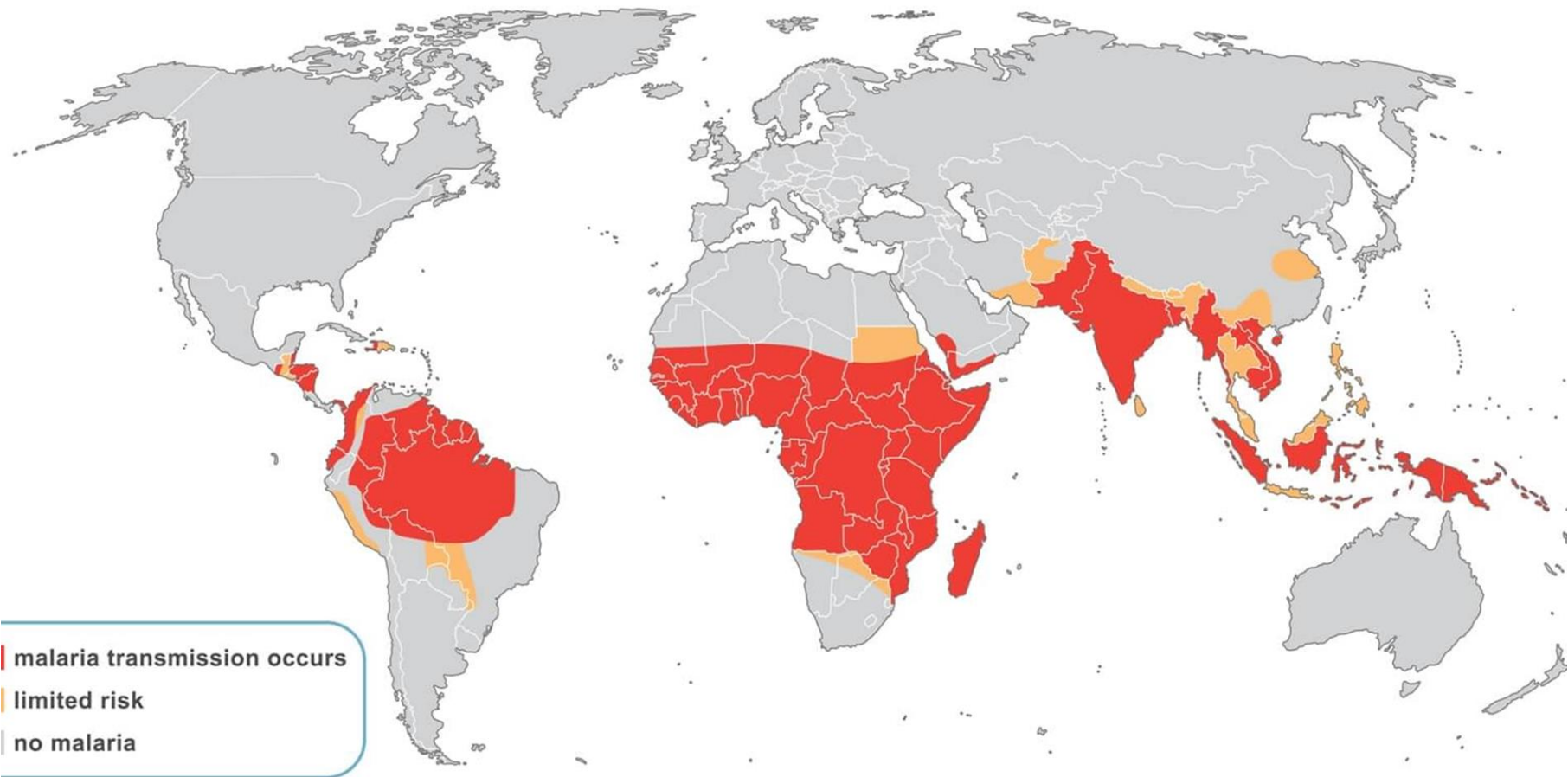
Data from the World Health Organization

Malaria prophylaxis:

- Malaria is a mosquito-borne infectious disease caused by the Plasmodium parasite. Malaria is found in over 90 countries.
- Every year, many travelers from Norway return home with malaria. Untreated, the disease can be fatal.
- Prophylactic treatment of malaria and/or mosquito bites is recommended for travelers to areas at risk.
- There is no vaccine against malaria. There is a large degree of international collaboration between research communities and many vaccines against malaria are under development.



MALARIA AROUND THE WORLD



Diseases for which there is no vaccine:

- Zika virus
 - Chikungunya
 - Schistosomiasis (also known as Bilharzia)
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- Zika virus and Chikungunya are mosquito-borne diseases.
 - Schistosomiasis and bilharzia parasite are in fresh water.
 - Most of these diseases are in tropical areas.



Type of travel; aspects to consider

- There is no vaccine against crime, corruption, political disturbance, or natural disaster.
- Read about your destination before travel. You will find updated information at the [Norwegian Directorate of Foreign Affairs website](#)



Other aspects to consider:

- Moving to a new country, living under poor conditions, or living for a longer period with many people, far away from home, can for some people be difficult to deal with.
- Are your health good enough to make this travel?
- Heartdiseases, lungdiseases , diabetes and mental illnesses are exampel of diseases you need to consider if you are healthy enough to travel.
- The quality of the healthcare system to the country you are travelling to must also be considered.
- How far is it to the nearest healthcare system or pharmacy?



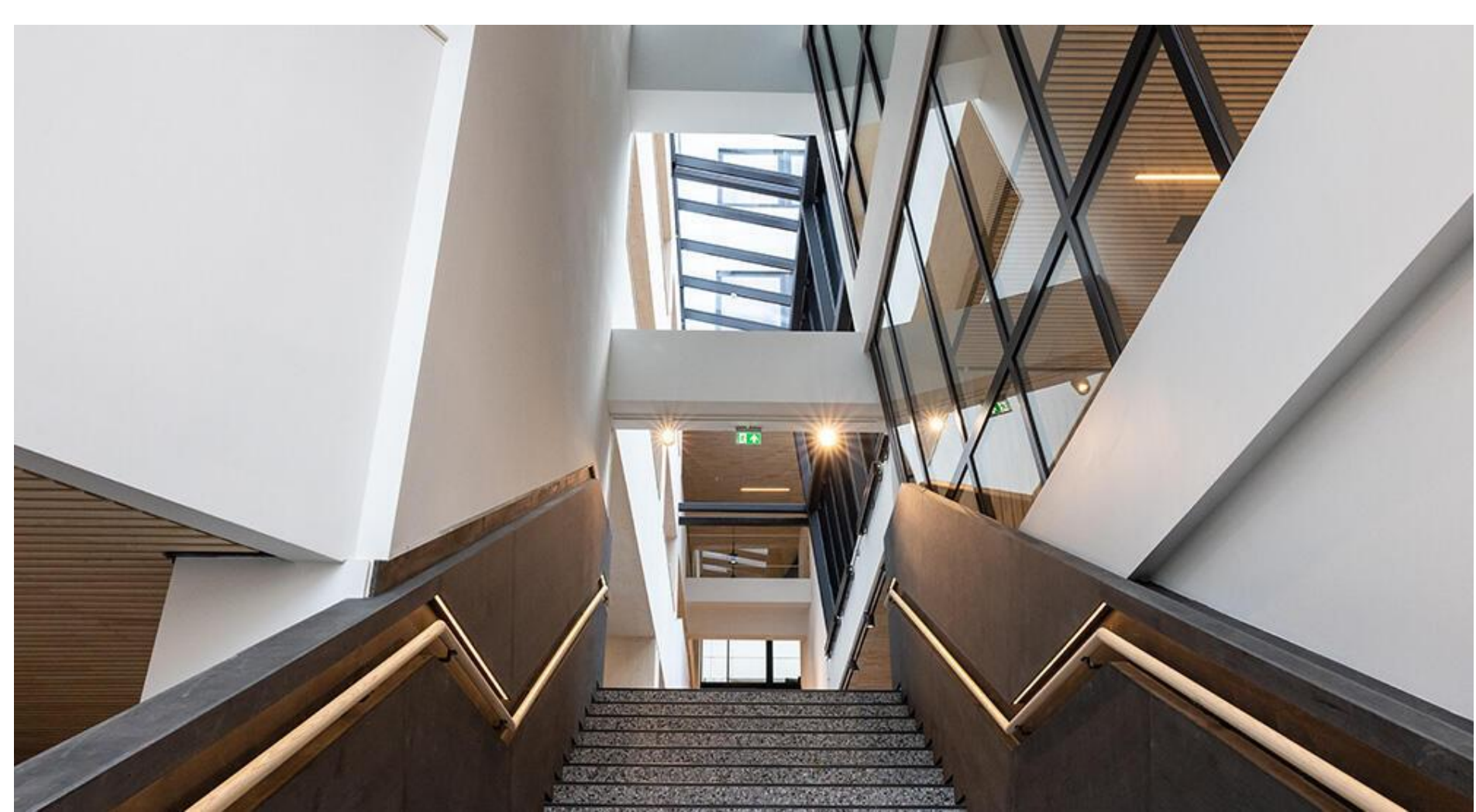
An aerial photograph of a campsite on a rocky, vegetated coastline. The camp consists of several olive-green, A-frame tents and one blue dome tent. The tents are arranged in a line along the shore, with some facing the water. The ground is a mix of rocks, sand, and low-lying green vegetation. In the background, the ocean waves are visible, breaking onto a rocky beach. The lighting suggests late afternoon or early morning, with long shadows and a warm glow.

UIB CAMP IN SOUTH-AFRICA

Occupational health service at UiB

- If your travel is work related, you can get vaccines at the Occupational health service here at UiB.
- You can make a request on e-mail to: bht@uib.no
- We are located in Nygårdsgaten 5, 3rd floor. You go out in the back yard, and our entrance is to the left.









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