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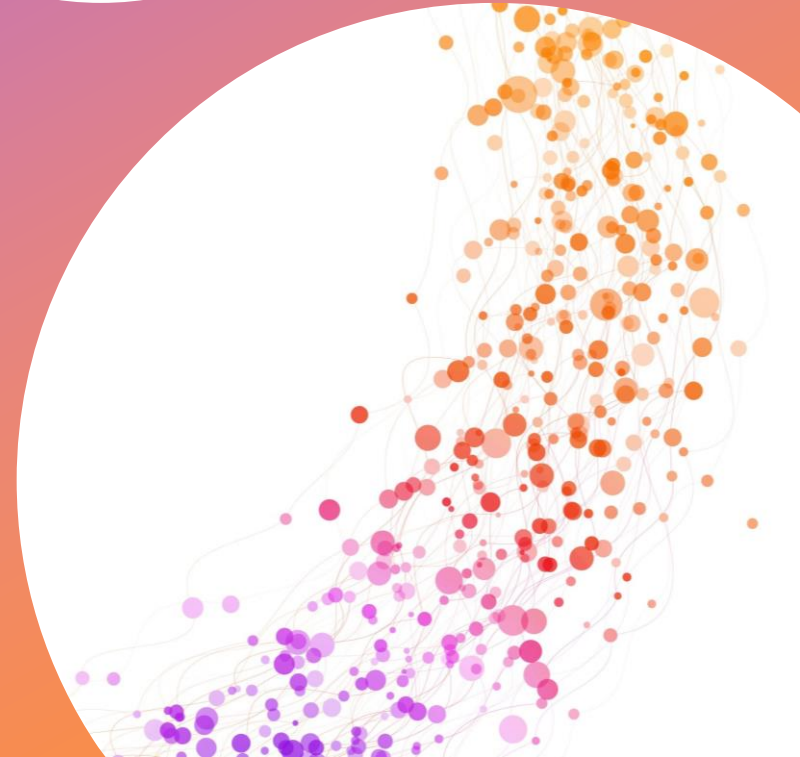
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HEALTH AND VACCINATION ON TRAVEL

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Vaccination

- 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.



Which vaccines should I have?

- The vaccinations which are necessary, or recommended before travel depends on several factors, including (but not limited to) the following;
- 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.

Universities:

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

Covid-19



Requirements

Some countries will require a corona certificate.

Find out

If you are going abroad, you must find out for yourself what applies to the country you are going to, and what kind of documentation this country requires.

Check

To read more about your destination and requirements, check the Ministry of Foreign affairs` travel information [website](#).

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.



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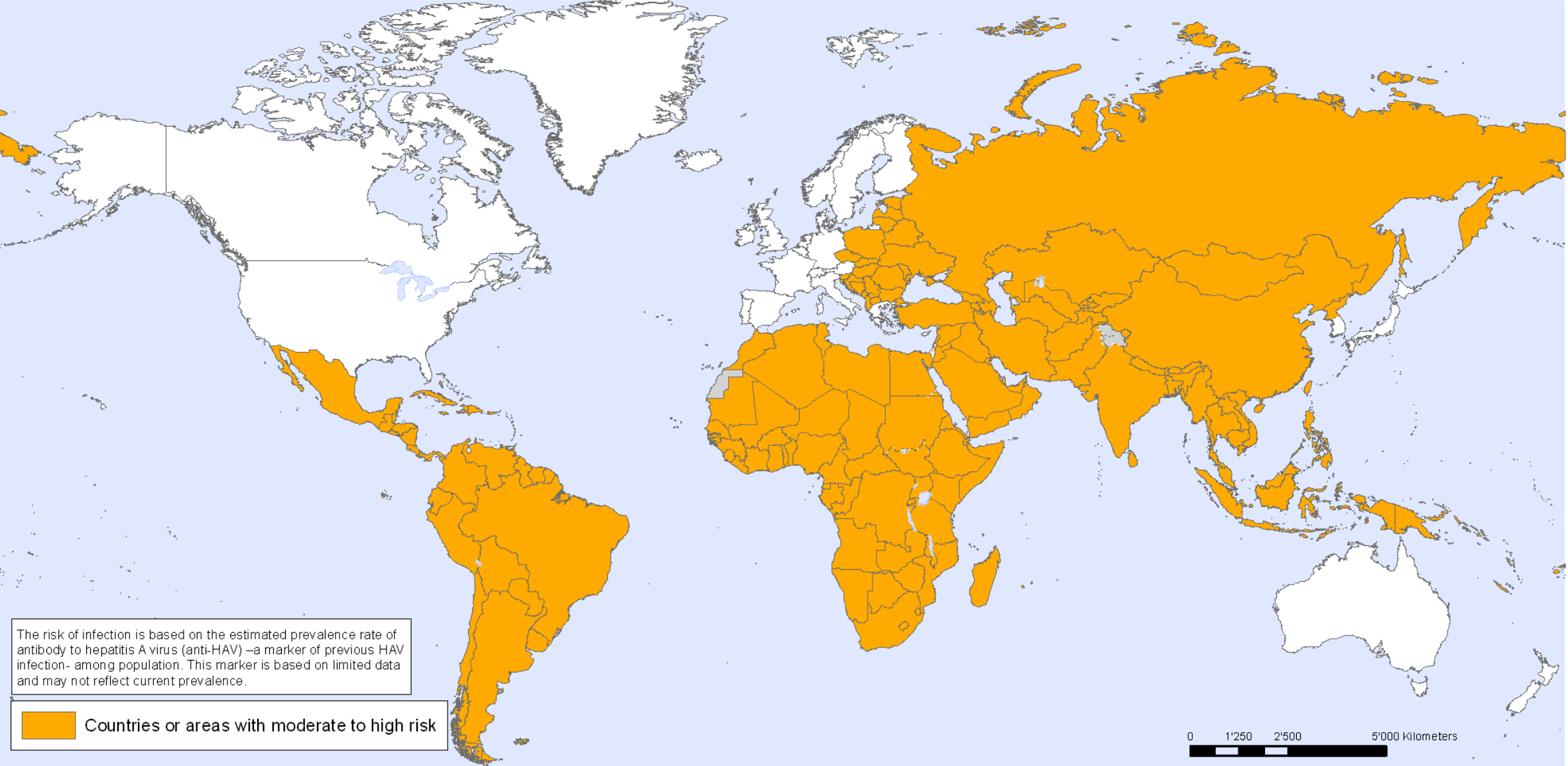
Vaccines that everybody should have:

- 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.

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Hepatitis A, countries or areas at risk



Other vaccines to consider:

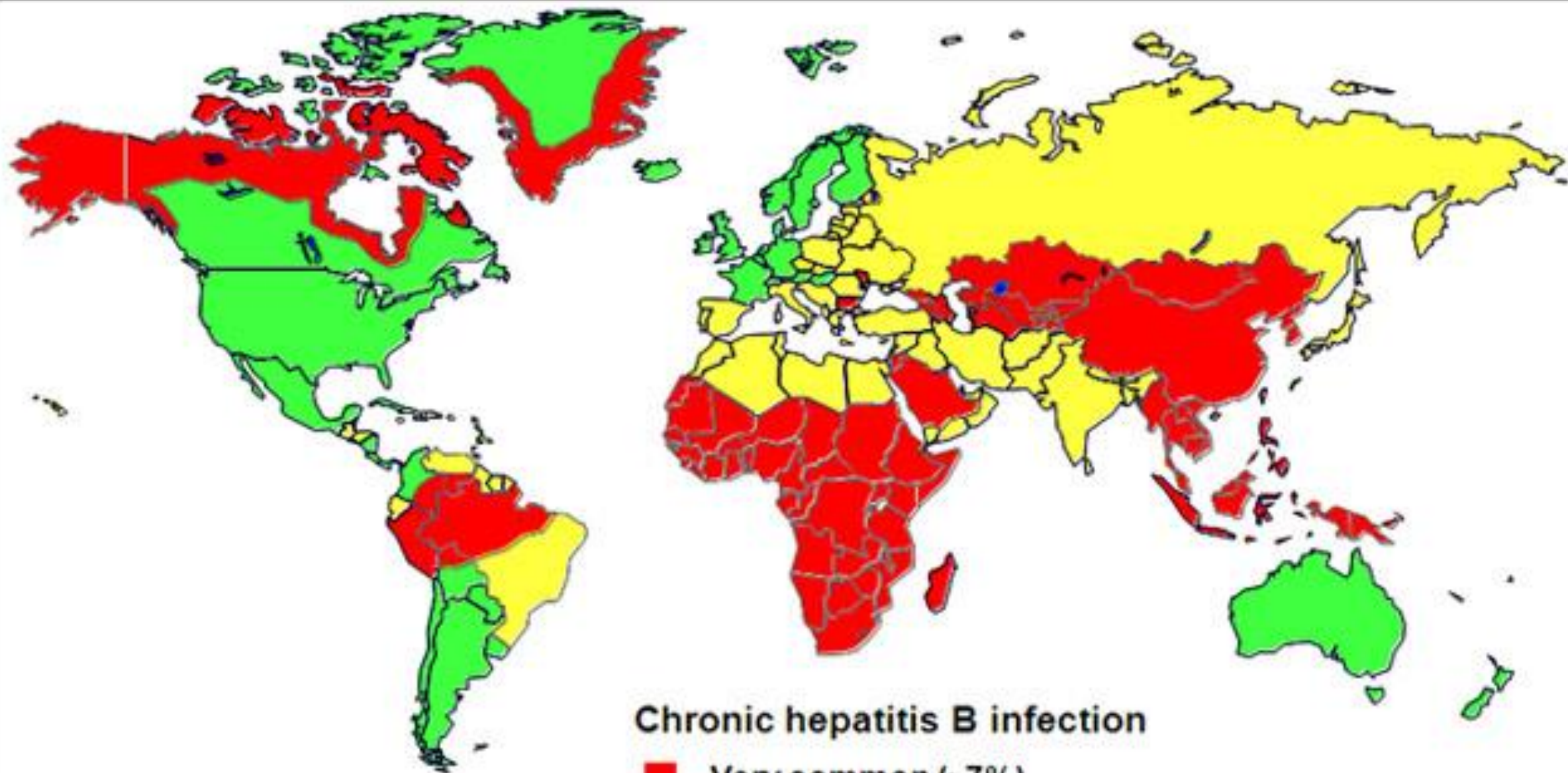
Hepatis B:

- This vaccine is recommended for health care workers working outside low endemic areas.
- But it is also recommended for travelers who are likely to seek medical treatment, due to chronic disease or who are at risk of accidents that require medical treatment in unhygienic conditions, as the risk of infection increases with length of stay (> 4 weeks)
- It is also recommended for shorter stays, if you are visiting high endemic areas frequently.

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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.**

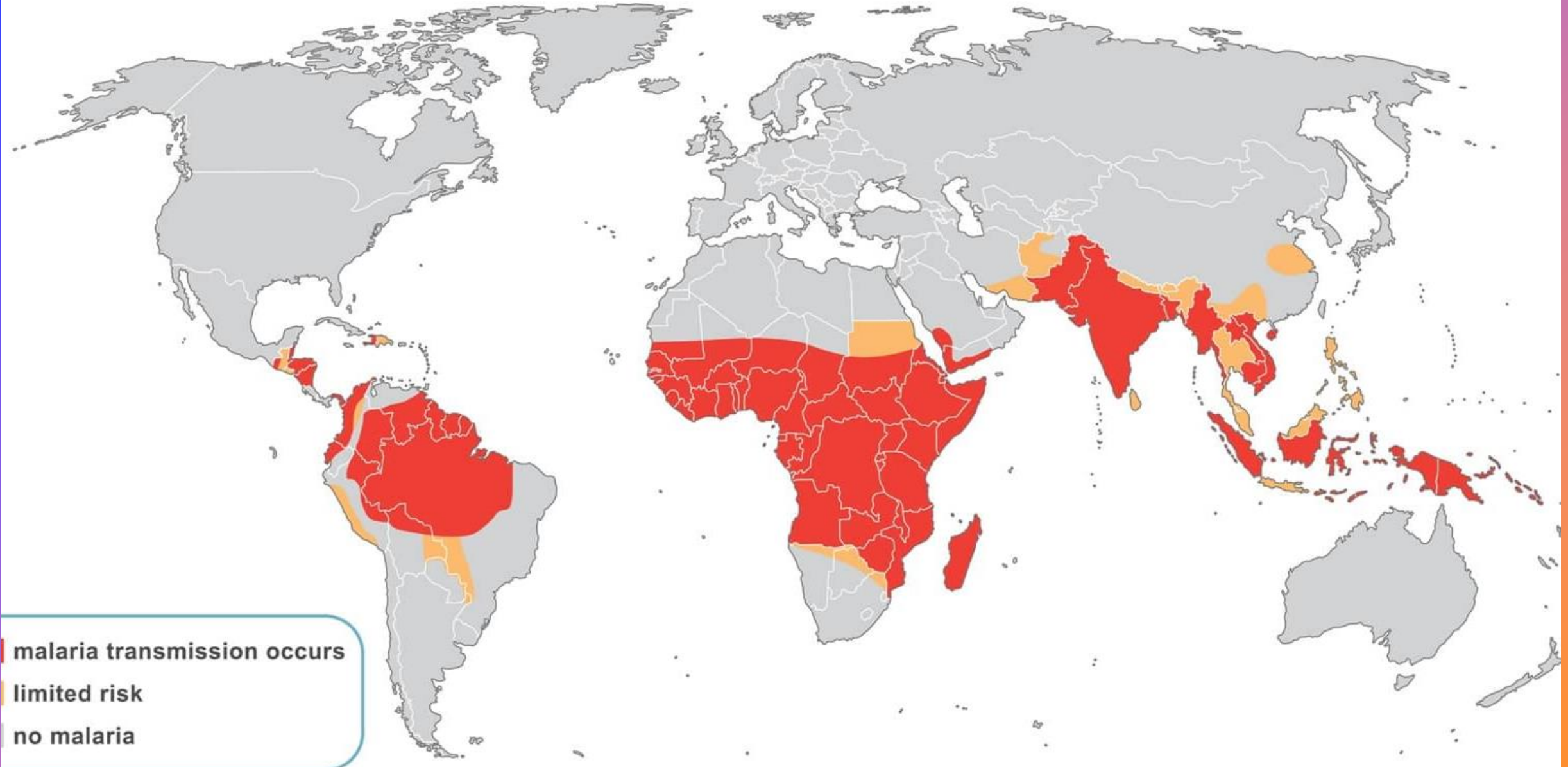


Malaria prophylaxis:

- 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



Other travel vaccines to consider:

- Typhoid
- ETEC/cholera
- Meningitis
- Rabies
- Japanese encephalitis

Diseases for which there is no vaccine:

- Dengue fever
- Zika virus
- Chinkungunya
- Schistosomiasis (also known as Bilharzia)

Dengue fever, zika virus and Chinkunguya are mosquito-born diseases.

Schistosomiasis and bilharzia parasite are in fresh water.

Most of these diseases are in tropical areas.

General protective measures on travel:

- Drink only bottled water. Bottled water should also be used for making ice cubes, for brushing teeth and for cooking.
- Boil or cook the food well and eat it hot.
- Avoid shellfish and salads.
- Fruits or vegetables that cannot be peeled should be washed well with bottled water and then wiped with clean paper.
- Wash your hands regularly with soap and water, especially when cooking and before eating and after using the toilet.
- read about the destination before swimming in fresh water
- Mosquito prophylaxis



Type of travel; aspects to consider

- 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?



UIB CAMP IN SOUTH-AFRICA

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 be described as experiencing a culture shock.
- This type of shock can for some people be difficult to deal with.
- Sometimes a travel can be good for your mental health, but in some cases, it can worsen a mental illness.



Remember:

- Inform the people you are travelling with if you have an underlying illness, they should be aware of or if you are allergic to insect bites. Bring your medicines in your hand luggage.
- There is no vaccine against crime, corruption, political disturbance, or natural disaster.
- Read about your destination for a safe travel
- If you are going on a field trip, ask your nearest responsible manager which guidelines applies for this travel.

ASSESSMENT OF MEDICAL FITNESS BEFORE FIELD WORK

- The occupational health service at UiB offers a health check of medical fitness before some types of fieldwork.
- This is to prevent that health issues cause trouble while being far from healthcare service
- Our doctor will do a medical safety risk related to the employee`s type of travel and job tasks.

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, with entrance at the back of the building, Fosswinckelsgate 7.

HAVE A SAFE AND HEALTHY JOURNEY!

Occupational Health service
UiB

e-mail: bht@uib.no

