

	DISEASE RISK AREA	HOW CONTRACTED	VACCINATION	VAC.CERTIFICATE REQUIRED	OTHER PRECAUTIONS
HIV/AIDS	World-wide	From having sex with an infected person; by infected blood entering your body either by contaminated needles or syringes; by transfusion with infected blood or through inadequately sterilised equipment from infected mother to baby.	None available.	No, but some countries have introduced HIV antibody testing for some visitors (or require an HIV antibody test certificate for some visitors) - check with your doctor or travel agent.	SAFE SEX. Using a condom during sex gives some protection. Take a travel kit for use in medical emergencies.
CHOLERA	Africa, Asia, Middle East, South America and parts of Oceania especially in conditions of poor hygiene and sanitation.	From contaminated food or water.	Vaccination provides modest protection for between 3-6 months.	Some countries may require evidence of vaccination. A single dose of vaccine will satisfy this requirement. Certificate valid for 6 months - check with you doctor or travel agent.	Take scrupulous care over food, drink and personal hygiene.
VIRAL HEPATITIS A	Most parts of the world but especially in conditions of poor hygiene and sanitation.	From contaminated food or water.	Immunoglobulin if not already immune. HepA Vaccine requires two dose primary course 2-4 weeks apart, booster dose between 6 and 12 months.	No	Take scrupulous care over food and drink.
VIRAL HEPATITIS B	World-wide.	By intimate sexual contact with an infected person; from injection with infected blood or needles (as AIDS).	Your doctor will advise on the need for vaccination.	No	Avoid casual sexual or other intimate contact
MALARIA	Africa, Asia, Central and South America	Bite from infected mosquito.	None, but anti-malarial tablets are recommended for some countries.	No	Take precautions to avoid mosquito bites.
MENINGOCOCCAL DISEASE	Brazil, New Delhi, Egypt, Mongolia, Nepal & Vietnam. Sub-Saharan Africa is referred to as "meningitis belt", this area is bounded by Sudan in the East, Gambia in the west, the Sahara in the north and thr	Caused by bacteria and is transmitted from person to person by direct contact including respiratory droplets (coughing and sneezing).	Vaccination available and provides protection for at least 3 years.	No	Avoid overcrowded places.

	tropical rainforests of central Africa.				
POLIOMYELITIS	Everywhere	Direct contact with an infected person; rarely by contaminated water or food.	Drops by mouth in 3 doses.	No	Take scrupulous care over food and drink
RABIES	Many parts of the world.	Bite or scratch from an infected animal.	Vaccination may be advised <b>after</b> a bite. Get advice from a doctor immediately.	No	Keep away from wild animals. Do not pat domestic dogs and cats.
TETANUS	World-wide. Tetanus is particularly dangerous in places where full medical facilities are not readily available.	Any skin-penetrating wounds, especially if soiled.	Vaccination is safe, effective and gives long-lasting protection.	No	Was the wound thoroughly and consult a doctor without delay.
TYPHOID	Asia, Africa, Oceania, Central and Southern America, and some parts of Southern Europe.	Contaminated food, water or milk.	Two injections from your doctor, 4-6 weeks apart. Revaccination with one injection usually after 3 years. Alternatively, a course of 3 capsules about 1 month before departure.	No	Take scrupulous care over food and drink.
YELLOW FEVER	Parts of Africa and South America.	Bite from infected mosquito.	One injection at a yellow fever vaccination centre at least 10 days before you go abroad.	Yes - check with your doctor or travel agent.	All mosquito bites, as for malaria.