



# Fiji

The following information must be viewed as a guide only. It is not intended, nor implied to be a substitute for professional medical advice.

Specific recommendations on vaccinations, antimalarial medications & targeted travel health advice is always provided on an individual basis taking into account:

- the personal health of the traveller including past medical & vaccination history;
- intended activities;
- precise itinerary;
- style of travel;
- type of accommodation;
- time of year;
- altitude; &
- length of stay.

As well, some vaccines are very much influenced by local disease risk. Specific face-to-face advice is particularly important when recommending medications for presumptive treatment eg for travellers diarrhoea.

We strongly recommend travellers seek an appointment with a doctor trained in travel health prior to departure.

Medical & nursing staff at The Travel Doctor-TMVC are trained in international public health issues with a focus on immunisations & preventive medicine. Many have travelled extensively & a number have worked in less developed areas of the world for extended periods. Travellers should undergo individual risk assessments whether they are short term holiday makers, business people or the long

term expatriate worker. The Travel Doctor-TMVC has clinics Australia wide. In Australia the local centre may be contacted on 1300 658 844, or by visiting [www.traveldoctor.com.au](http://www.traveldoctor.com.au). It is recommended that you visit a travel health professional 6-8 weeks prior to departure. However, if that time frame is not possible, remember – “It’s never too late to vaccinate”.

### Healthy Travelling in Fiji

Healthy travellers have the most fun! Pre-travel preparation will help protect your health while you are away. Care with food & water in Fiji is important, as is mosquito avoidance because of the presence of the mosquito-transmitted virus, Dengue fever.

To assist you in recognising & understanding some of the major travel health risks you may face while holidaying in Fiji, The Travel Doctor-TMVC has prepared a summary of some of these issues in the following pages.

The table below provides a brief description of some of the major travel health issues & vaccinations that should be considered for travel to Fiji.

We hope you find this information useful in preparing for your trip. Remember it is advisable to consult a travel health specialist prior to departure.

Currency of your basic immunisations such as Tetanus & Diphtheria should be checked & others like Hepatitis A & Typhoid considered according to the criteria mentioned previously.

### Major Travel Health Issues & Considerations for Fiji

Hepatitis A	This is a viral disease of the liver which is transmitted through eating contaminated food or drinking contaminated water. It is the most common vaccine preventable disease that occurs in travellers to less developed areas of the world. It is strongly recommended for travel to Fiji.
Hepatitis B	This is a viral disease of the liver that is transmitted via blood, blood products or bodily fluids. It is vaccine preventable. Hepatitis B immunisation is now part of the childhood immunisation schedule. Many adult travellers have missed this very important immunisation & travel may be a good reason for vaccination.
Typhoid	Typhoid Fever is caused by a bacteria found in contaminated food & water. It is endemic in the developing world & vaccination is recommended for travellers to areas where environmental sanitation & personal hygiene may be poor. Typhoid vaccination is recommended to visitors to the South Pacific because of the frequent outbreaks.
Tetanus, Pertussis & Diphtheria	Tetanus is caused by a toxin released by a common dust or soil bacteria, which enters the body through a wound. Diphtheria is a bacterial infection of the throat & occasionally of the skin. It is found world wide & is transmitted from person-to-person by coughing & sneezing. Pertussis (Whooping cough) is a highly infectious respiratory infection responsible for 300,000 deaths annually, mainly in children. Diphtheria & pertussis vaccines can be added to the tetanus vaccine. Because many adults no longer have immunity from childhood immunisation it is advised that travellers to less developed countries have a tetanus, diphtheria & pertussis booster.



Measles, Mumps & Rubella	Childhood immunisation coverage in many developing countries is not good. As such, travellers under the age of 40 years should have their measles, mumps & rubella immunisation complete. Those over the age of 40 years are most likely to have long term immunity from previous exposure as a child.
Chickenpox	This very common infectious disease can now be prevented through immunisation. Many people miss the disease in childhood only to have a significant illness as an adult. Travel puts one at higher exposure & if one cannot elicit a history of having had the illness a test can show whether at risk.
Influenza	Individuals intending to travel out of an Australian winter might consider the current flu vaccine at the beginning of the season. Exposure to illness in airports & commuter transport is common & exposure may ruin a much needed break. In fact, influenza is likely to be the most common vaccine preventable disease faced by travellers.
Dengue Fever	Dengue (pronounced den-gee) Fever is a viral disease with flu like symptoms that is transmitted by mosquitoes. There is no vaccine for dengue fever & prevention is based upon insect avoidance via repellents, nets & insecticides.
Traveller's Diarrhoea	Up to 40% of tourists may develop 3 or more loose bowel motions a day within the first week of travel. A variety of germs can be responsible for this infection & a Traveller's Medical Kit containing appropriate therapy can rapidly improve the symptoms. It is also important to follow the rules of healthy eating & drinking to minimise risks.

### Travelling With Children – Special Considerations

Fiji is also a wonderful family holiday destination. When travelling with children there are a number of travel health considerations that should be taken into account to assist you in having a safe & healthy family holiday.

- **Choose your destination carefully** – being in an isolated area with a sick young child can be very stressful – particularly if communications in the area are poor.
- **The flight** – Infants may need to breast feed or suck a bottle as the aeroplane takes off or lands. Swallowing helps their ears equalise & prevent ear pain. Older children may find it helpful to suck a lolly.
- **Eating & drinking** – Following the general eating & drinking safely rule of “boil it, cook it, peel it - or forget it” is particularly important. Children under 3 years of age tend to get diarrhoea which is more severe & lasts longer than in adults. As much as possible, watch what they eat & don't let children drink untreated water, even for brushing teeth. Carry “wet ones” or antiseptic hand wash so you can clean their hands regularly.
- **Hot & Cold Climates** – Be careful to protect children from extremes of heat or cold. Beware of frostbite on tiny fingers & toes. Children cannot regulate their body temperature as well as adults. Offer fluids regularly as children dehydrate rapidly & their thirst sensation is unreliable. Use blockout when necessary.
- **Accidents** – While travelling, you have less control over a child's environment. Drownings, poisonings, burns & falls are particular hazards. Closely supervise children around animals - remember Australia & New Zealand are two of the few rabies free areas in the world.

Additional information & fact sheets can be found at the Travel Doctor-TMVC website [www.traveldoctor.com.au](http://www.traveldoctor.com.au).



Remember to check the DFAT 'Smartraveller' website [www.smartraveller.gov.au](http://www.smartraveller.gov.au) prior to departure

A must see destination.



Travel Health Fact Sheet **Fiji**  
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Clinics Australia Wide. To find your nearest clinic call  
**1300 658 844** or visit [www.traveldoctor.com.au](http://www.traveldoctor.com.au)