



China

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 and targeted travel health advice is always provided on an individual basis taking into account:

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

As well, some vaccines eg rabies and tuberculosis are very much influenced by local disease risk. Specific face-to-face advice is particularly important when recommending antimalarial medications and those 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 and nursing staff at Travel Doctor-TMVC are trained in international public health issues with a focus on immunisations and preventive medicine. Many have travelled extensively and 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. 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 China

China is becoming more & more popular with Australian travellers. Interest in the country is expected to soar with the upcoming Beijing Olympic Games. China is a country of vast extremes, from the arid Gobi Desert in the north to the Himalayan range of Tibet, and the tropical island of Hainan in the south. Travel advice is very much dependent on the proposed itinerary.

Pre-travel preparation will help protect your health while you are away. To assist you in recognising and understanding some of the major travel health risks you may face while holidaying in China, the Travel Doctor-TMVC has prepared a summary of some of these issues in the following pages. **Table 1** provides a brief description of some of the major travel health issues and vaccinations that should be considered for travel to China.

Table 2 provides a summary of these major travel health issues and preventative measures that should be considered.

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.

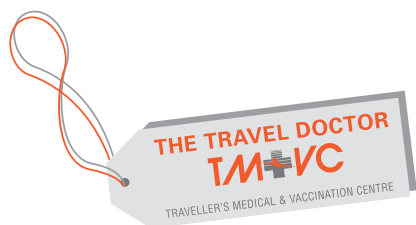
Currency of your basic immunisations such as Tetanus and Diphtheria should be checked and others like Hepatitis A and Typhoid considered according to the criteria mentioned previously.



Table 1. Major Travel Health Issues & Considerations for China

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 China.
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 and 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 and vaccination is recommended for travellers to areas where environmental sanitation and personal hygiene may be poor. The adventurous eater venturing 'off the beaten' path should certainly consider vaccination.
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 and occasionally of the skin. It is found world wide and is transmitted from person-to-person by coughing and sneezing. Pertussis (Whooping cough) is a highly infectious respiratory infection responsible for 300,000 deaths annually, mainly in children. Diphtheria and 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 and pertussis booster.
Measles, Mumps & Rubella	Childhood immunisation coverage in many developing countries is not very good. As such, travellers whose birth date is after 1966 should check they have had 2 doses of measles vaccine. Since 1990 this may have been as the combination vaccine MMR (measles, mumps and rubella). Those born prior to 1966 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 and 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 and commuter transport is common and exposure may ruin a much needed break. In fact, influenza is likely to be the commonest vaccine preventable disease faced by travellers.
Malaria	Malaria is transmitted by a night biting mosquito. The risk varies substantially, with the more serious Plasmodium falciparum malaria only being found in parts of Yunnan province and Hainan Island in the south. Benign malaria is present sporadically in rural areas north of 33°N from July to November, 25°N - 33°N May to December and south of 25°N all year. Tourists are rarely at risk except for some remote areas of Hainan Island and Yunnan province, so medications are rarely required.
Dengue Fever	Dengue (pronounced den-gee) Fever is a viral disease with flu like symptoms that is transmitted by mosquitos. There is no vaccine for dengue fever and prevention is based upon insect avoidance via repellents, nets and insecticides. The mosquito is a day time biter and the risk is greatest in urban areas.
Japanese Encephalitis (JE)	JE is a mosquito borne viral disease prevalent in rural areas of China including the new territories of Hong Kong. It can lead to serious brain infection in humans. Risk is usually greatest during the monsoon months largely from April to October in the south with the season narrowing further north. A vaccine is available & is particularly recommended for adults & children over 12 months of age who will be spending a month or more in rice growing areas (or who repeatedly visit such areas). It is also recommended for people travelling to an area where an outbreak is known to be occurring. Insect avoidance should be considered the primary means of defence.
Rabies	Rabies is a deadly viral infection of the brain transmitted to humans. The disease itself is rare in travellers, but the risk increases with extended travel and the likelihood of animal contact. The best way to avoid rabies is to avoid all contact with animals. Dogs are the main carriers; however monkeys, bats, cats and other animals may also transmit the disease. Pre-exposure vaccination is recommended for extended travel and those who work with, or are likely to come in contact with animals. Rabies overtook Tuberculosis in 2005 as the leading cause of death from infectious disease in China.

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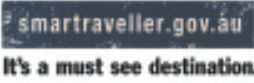
Cholera	Cholera is a severe, infectious diarrhoeal disease caused by a bacteria. It is common in developing countries & is associated with conditions of poverty & poor sanitation. Cholera causes severe & rapid dehydration. Travellers who follow the rules of eating & drinking safely will minimise their risk. There is also a new oral vaccine available for cholera which may be recommended under certain circumstances.
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 and a traveller's medical kit containing appropriate therapy can rapidly improve the symptoms.

Table 2. Summary of travel health issues for China & preventative options available

	Vaccine Available	Healthy Eating & Drinking	Insect Avoidance	Animal Avoidance
Hepatitis A	✓	✓		
Hepatitis B	✓			
Typhoid	✓	✓		
Tetanus, Pertussis & Diphtheria	✓			
Measles, Mumps & Rubella	✓			
Chickenpox	✓			
Influenza	✓			
Malaria			✓	
Dengue Fever			✓	
Japanese Encephalitis (JE)	✓		✓	
Rabies	✓			✓
Cholera	✓	✓		
Traveller's Diarrhoea		✓		

✓ indicates preventative considerations

Malaria is a risk factor in parts of China (see above). Malaria prevention options should be discussed with a travel medicine specialist prior to departure.



Remember to check the DFAT 'Smartraveller' website www.smartraveller.gov.au prior to departure

