



Indonesia

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 travel health advice is recommended 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.

In addition, some vaccines eg rabies & tuberculosis are very much influenced by local risk & length of stay. Specific face-to-face advice is particularly important when recommending antimalarial medications & vaccines.

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 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. In Australia the local centre may be contacted on 1300 658 844, or by visiting www.traveldoctor.com.au.

Healthy Travelling in Indonesia

Indonesia is one of the most popular destinations for Australian travellers. The archipelago is a rich geographic & cultural destination, with diverse experiences available.

Pre-travel preparation will help protect your health while you are away. To assist you in recognising & understanding some of the major travel health risks you may face while travelling in Indonesia, The Travel Doctor-TMVC has prepared a summary of some of these issues in the following pages.

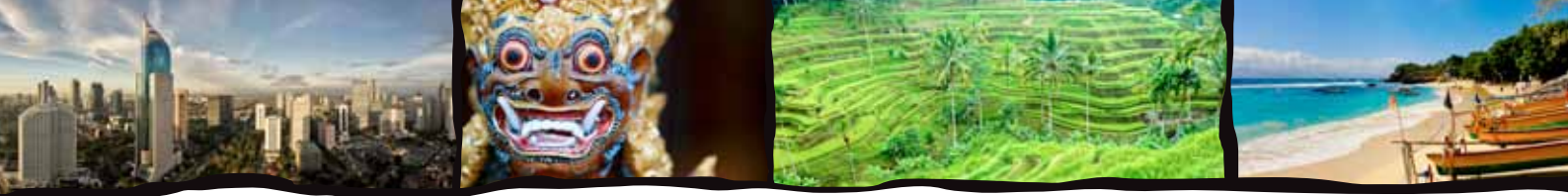
Table 1 provides a brief description of some of the major travel health issues & vaccinations that should be considered for travel to Indonesia.

Table 2 provides a summary of the major travel health issues & 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.

Table 1: Major Travel Health Issues & Considerations for Indonesia

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 Indonesia
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. It is highly endemic in Indonesia.
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. 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 & 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 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 & 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 & 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.
Cholera	Cholera is a severe, infectious diarrhoeal disease common in developing countries. It is associated with conditions of poverty & poor sanitation. It is rare in travellers who should follow guidelines for eating & drinking safely to minimise the risk of contracting cholera. An oral vaccine is now available.
Malaria	Malaria is transmitted by a night biting mosquito. The risk of exposure is nil in cities & towns, & very low in the main tourist areas. Medications to reduce the risk of disease are not generally recommended but any illness which is flu-like in nature after returning should still be checked for malaria. Malaria is a year round problem in rural areas of Indonesia.



Dengue Fever	Dengue (pronounced den-gee) Fever is a viral disease with flu like symptoms that is transmitted by mosquitos that bite during the daytime & in urban regions. There is no vaccine for dengue fever & prevention is based upon insect avoidance via repellents, nets & insecticides.
Japanese Encephalitis (JE)	JE is a mosquito borne viral disease prevalent in rural areas of Asia & Indonesia that can lead to serious brain infection in humans. Risk is usually greatest during the monsoon months. 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 of countries at risk (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.
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.
Rabies	Rabies is transmitted by the bite of animals, mainly dogs, & contact with animals should be avoided. For persons with long stay in Indonesia, vaccination against rabies should be considered.

Table 2: Summary of travel health issues for Indonesia & preventative options available

	Vaccine Available	Healthy Eating & Drinking	Insect Avoidance
Hepatitis A	✓	✓	
Hepatitis B	✓		
Typhoid	✓	✓	
Tetanus, Diphtheria & Pertussis	✓		
Measles, Mumps & Rubella	✓		
Chicken Pox	✓		
Influenza	✓		
Dengue Fever			✓
Malaria			✓
Japanese Encephalitis	✓		✓
Rabies	✓		
Cholera	✓	✓	
Traveller's diarrhoea	+/-	✓	

+/- The new oral cholera vaccine has been shown to provide limited protection against some forms of traveller's diarrhoea. You should discuss this with your travel health specialist
 ✓ indicates preventative considerations

Malaria is a year round risk factor in parts of rural Indonesia, where chloroquine resistance is reported to be common. Malaria prevention options should be discussed with a travel medicine specialist prior to departure.

Additional fact sheets can be found at www.traveldoctor.com.au. These include fact sheets about:

- eating & drinking safely;
- Malaria;
- Japanese encephalitis;
- insect avoidance measures;
- travellers' medical kits.



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



*This material has been prepared for general information purposes only. It is not intended to be relied on as a substitute for professional medical advice. No person should act, fail to act, disregard professional medical advice, or delay in seeking professional medical advice on the basis of this material. The Travel Doctor-TMVC does not guarantee the accuracy, currency or completeness of any of this information and will not be liable for any loss, damage or injury directly or indirectly caused by this material or its use.