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;
- length of stay.

As well, some vaccines & tuberculosis are very much influenced by local disease risk. Specific face-to-face advice is particularly important when recommending antimalarial medications & those for presumptive treatment, for example 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 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 Solomon Islands & Vanuatu**

The Solomon Islands & Vanuatu are popular destinations with Australian travellers for both business & recreational travel. Diving, & water-sports, as well as cultural features make these attractive destinations.

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 in Solomon Islands or Vanuatu, 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 these islands.

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.

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**Major Travel Health Issues & Considerations for Solomon Islands & Vanuatu**

<table>
<thead>
<tr>
<th>Disease</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Hepatitis A</td>
<td>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 Solomon Islands &amp; Vanuatu.</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>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 &amp; travel may be a good reason for vaccination. There is a high incidence of Hepatitis B in both Solomon Islands &amp; Vanuatu.</td>
</tr>
<tr>
<td>Typhoid</td>
<td>Typhoid Fever is caused by a bacteria found in contaminated food &amp; water. It is endemic in the developing world &amp; vaccination is recommended for travellers to areas where environmental sanitation &amp; personal hygiene may be poor. The adventurous eater venturing ‘off the beaten’ path should certainly consider vaccination.</td>
</tr>
<tr>
<td>Tetanus, Pertussis &amp; Diphtheria</td>
<td>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 &amp; occasionally of the skin. It is found world wide &amp; is transmitted from person-to-person by coughing &amp; sneezing. Pertussis[Whooping cough] is a highly infectious respiratory infection responsible for 300,000 deaths annually, mainly in children. Diphtheria &amp; 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 &amp; pertussis booster.</td>
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<table>
<thead>
<tr>
<th>Condition</th>
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<tbody>
<tr>
<td>Measles, Mumps &amp; Rubella</td>
<td>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 &amp; rubella). Those born prior to 1966 are most likely to have long term immunity from previous exposure as a child.</td>
</tr>
<tr>
<td>Influenza</td>
<td>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 &amp; commuter transport is common &amp; exposure may ruin a much needed break. In fact, influenza is likely to be the most common vaccine preventable disease faced by travellers.</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>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 risk of exposure &amp; if one cannot elicit a history of having had the illness, a test can show whether the traveller is at risk.</td>
</tr>
<tr>
<td>Malaria</td>
<td>Malaria is transmitted by a night biting mosquito. Insect avoidance measures should be followed throughout the trip. Medication for the prevention of malaria is crucial for the Solomon Islands &amp; rural Vanuatu. Which drug is recommended depends on individual circumstances &amp; needs to be discussed with an experienced travel physician. It is also vital to continue with the medication for the recommended interval on return to Australia. Upon return, any flu like illnesses should be investigated by a travel health specialist.</td>
</tr>
<tr>
<td>Dengue Fever</td>
<td>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 &amp; prevention is based upon insect avoidance via repellents, nets &amp; insecticides. The mosquito is a day time biter &amp; the risk is greatest in urban areas.</td>
</tr>
<tr>
<td>Traveller’s Diarrhoea</td>
<td>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.</td>
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</tbody>
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**Malaria** is a risk factor in Solomon Islands & rural Vanuatu. Malaria prevention options should be discussed with a travel medicine specialist prior to departure.

**Parasitic infections & tropical ulcers** are a concern in both countries.

**Hook worm** can result from the penetration of worms through intact skin so enclosed foot wear is essential.

**Yellow Fever** vaccination may be required for all travellers arriving from or transiting through Yellow Fever infected areas, such as Africa or the Americas.

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

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

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*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.*