



Thailand

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 following:

- 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, for example rabies & 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 e.g. 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 Thailand

Healthy travellers have the most fun! 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 holidaying in Thailand, 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 Thailand.

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.

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

Major Travel Health Issues & Considerations for Thailand

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 Thailand.
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. 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 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 a higher risk of exposure & if one cannot elicit a history of having had the illness, a test can show whether the traveller is 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.
Malaria	Malaria is transmitted by a night biting mosquito. The risk of exposure is low in Thailand, especially in the areas frequented by travellers. These include beach resorts, Bangkok, Chiang Mai & Chiang Rai. While the risk is very low, it is not NIL. Therefore it is important that travellers discuss their trip plans with a travel medicine specialist prior to travel. Medications that reduce the risk of disease are not generally recommended but any illness which is flu-like in nature upon returning should still be reviewed by a medical professional. See below.
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.
Japanese Encephalitis (JE)	JE is a mosquito borne viral disease prevalent in rural areas of Asia 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.
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 & 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 & other animals may also transmit the disease. Pre-exposure vaccination is recommended for extended travel & those who work with, or are likely to come in contact with animals.
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. The new oral cholera vaccine has been shown to provide limited protection against some forms of traveller's diarrhoea.

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

Additional fact sheets can be found at The Travel Doctor-TMVC website www.traveldoctor.com.au. These include fact sheets about:

- eating & drinking safely;
- cholera;
- Japanese encephalitis;
- insect avoidance measures;
- traveller's medical kits.



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

It's a must see destination.



Travel Health Fact Sheet **Thailand**
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Clinics Australia Wide. To find your nearest clinic call **1300 658 844** or visit www.traveldoctor.com.au

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