

# **THE SOUTHWEST UTAH PUBLIC HEALTH DEPARTMENT**

**wants you to have a safe and  
healthy trip abroad!**

**Course Video 2 - Illness and Vaccines**

**THIS IS GENERAL HEALTH AND  
SAFETY INFORMATION.**

**Country specific information will  
be given to you by your Public  
Health nurse in a Travex report.**

**Course Video 2 - Illness and Vaccines**

# **Diarrhea: the most common illness in travelers**

**Following safe food  
& water precautions,  
as well as good hand washing,  
will help to prevent diarrhea**



# Diarrhea: the most common illness in travelers

You can take over-the-counter medications to treat mild or moderate diarrhea

Always read instructions regarding use

- Pepto-bismol (for 13 years +)
- Imodium AD



# Diarrhea: the most common illness in travelers

These should NOT be used for  
severe diarrhea (fever, blood in  
stool, severe cramping)

Prescription antibiotics can be  
used to treat severe diarrhea.  
Please ask the travel nurse for  
information



# Constipation

**Lack of exercise, a change in diet, and dehydration may cause constipation in travelers**

**Be sure to stay hydrated with safe drinking water!**

**You can eat dried fruit or peeled fresh fruits to help prevent constipation. Fruit juice and coffee can help as well.**



# **Insect-borne illnesses**



**Malaria**

**Yellow fever**

**Dengue fever**

**Chikungunya**

**Zika**

**Japanese encephalitis**

**Leishmaniasis**

**Trypanosomiasis**

**West Nile virus**

# Insect-borne Illnesses



**Use insect repellent that contains either DEET (20-35%) or Picaridin (20%)**

**Apply to all exposed skin and on top of any lotions or sunscreens**

**Apply Permethrin (0.5%) to clothing**

**Wear light-colored clothing, long sleeves, and long pants to cover as much skin as possible**



# **Insect-borne Illnesses**



**Avoid perfumes, scented soaps and lotions, and other fragrances**

**Take anti-malarial medication and get vaccinated if applicable**

# Insect-borne Illnesses



**Military studies show that using DEET on exposed skin and Permethrin on clothing reduces mosquito and tick bites by 98%!**

# Travel Vaccines

**Japanese encephalitis: insect-borne; 2 doses 7 days apart (for adults), 2 doses 28 days apart for under 18 years of age**

**Yellow fever: insect-borne; 1 dose  
GENERALLY good for life.  
May need to show proof of vaccine to  
enter certain countries**



# Other Travel-Related Diseases

**Schistosomiasis**

**Leptospirosis**

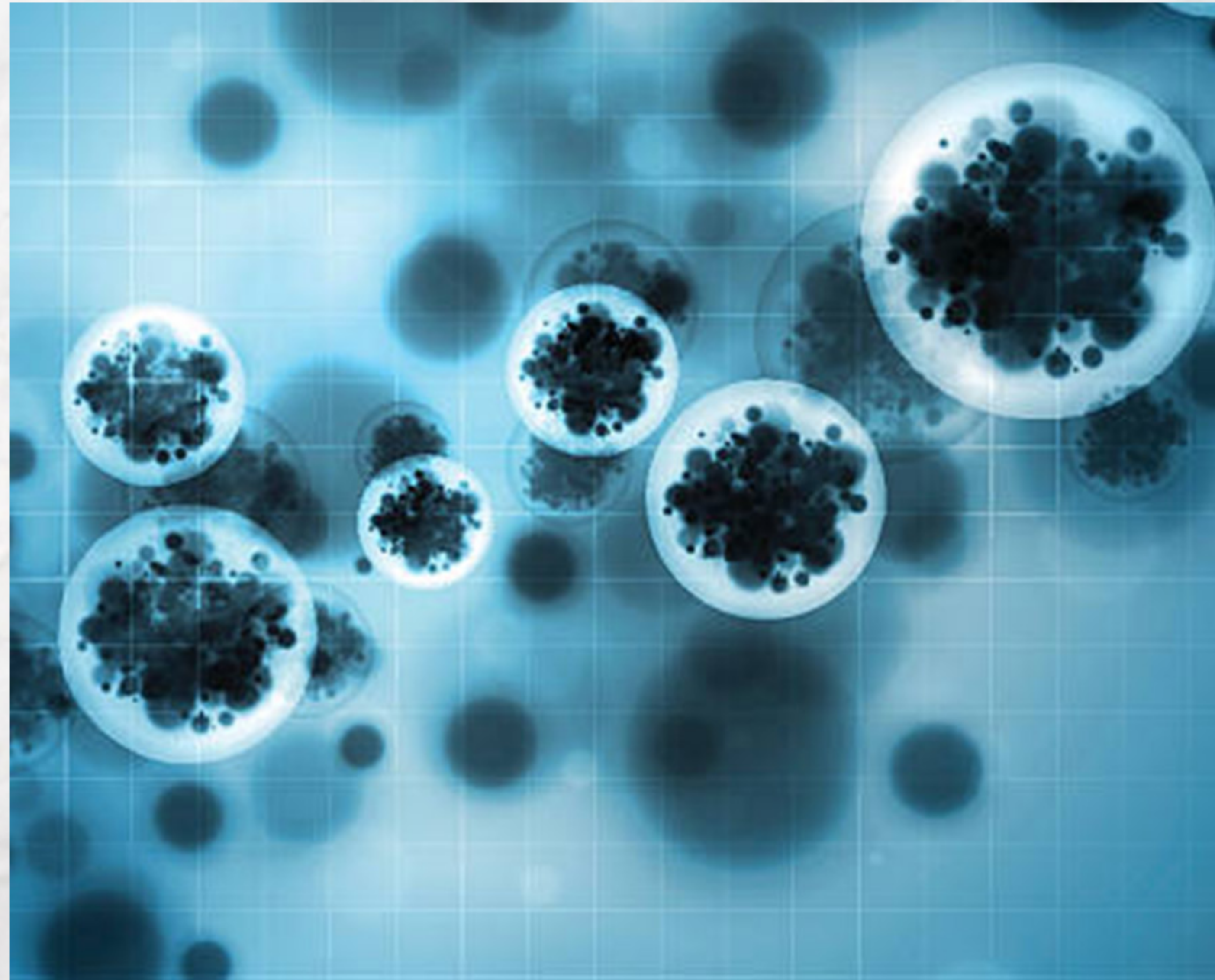
**Hookworms**

**Roundworms**

**Threadworms**

**Tuberculosis**

**Rabies: 100% fatal if not  
treated**



# Travel Disease Prevention Tips



**Avoid swimming/wading in fresh water**

**If freshwater exposure occurs, towel off vigorously**

**Don't walk barefooted ANYWHERE!**

# Travel Disease Prevention Tips



**Avoid people who are coughing**

**Consider preventive medication (for malaria and leptospirosis)**

**Animal bites may cause serious diseases and may require immediate medical attention**

# Travel-Related Diseases

**Many travel-related diseases have similar symptoms such as fever, chills, severe aches, and pains**

**If you experience any of these symptoms, even after returning home, SEEK MEDICAL ATTENTION PROMPTLY**

**Tell your doctor where you have traveled**



# Altitude Sickness

**May be a problem for those traveling to altitudes greater than 8,000 feet above sea level**

**You need time to adjust! Stay hydrated, avoid alcohol, and avoid physical exertion.**





# Altitude Sickness



**Severe altitude sickness can be deadly. You must descend if this occurs.**

**There are medications that can prevent and treat altitude sickness. Please discuss with your nurse.**

# Traveling with Children

**Children can get the same diseases. They need vaccinations, insect precautions, and medications too.**

**Some vaccines and medications are not approved for very young children. Please discuss with your nurse.**



# Traveling with Children

**Washing hands is important.  
Consider taking hand sanitizer or  
hand wipes to make this easier.**

**Be vigilant with children and animals  
to avoid bites, scratches, and  
associated diseases.**



# Travel Vaccines

**Meningitis: sub-Saharan Africa and travel to the Hajj in Saudi Arabia**

**Rabies: mammal-borne; pre-exposure series for high risk**

**Td/Tdap: every 8-10 years depending on vaccine**



# General Vaccines

**Hepatitis B: blood-borne; 3 doses  
0, 1, and 6 months apart**

**Chicken pox: 2 doses 1-3 months apart  
for non-immune persons**

**Measles/Mumps/Rubella (MMR): 2  
doses 28 days apart for non-immune  
persons**



# General Vaccines



**Pneumonia: 2 different vaccines, recommended for certain persons based on age/medical conditions**

**Shingles: 2 doses 2-6 months apart, for 50 years and older**

**Flu: recommended for most persons during flu season**