

Travel Health Information for Study Abroad

Dr. med. Daniel Steinmann

Occupational Medical Service

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Seeking Information

- WHO – International Travel and Health

<http://www.who.int/ith/en/>

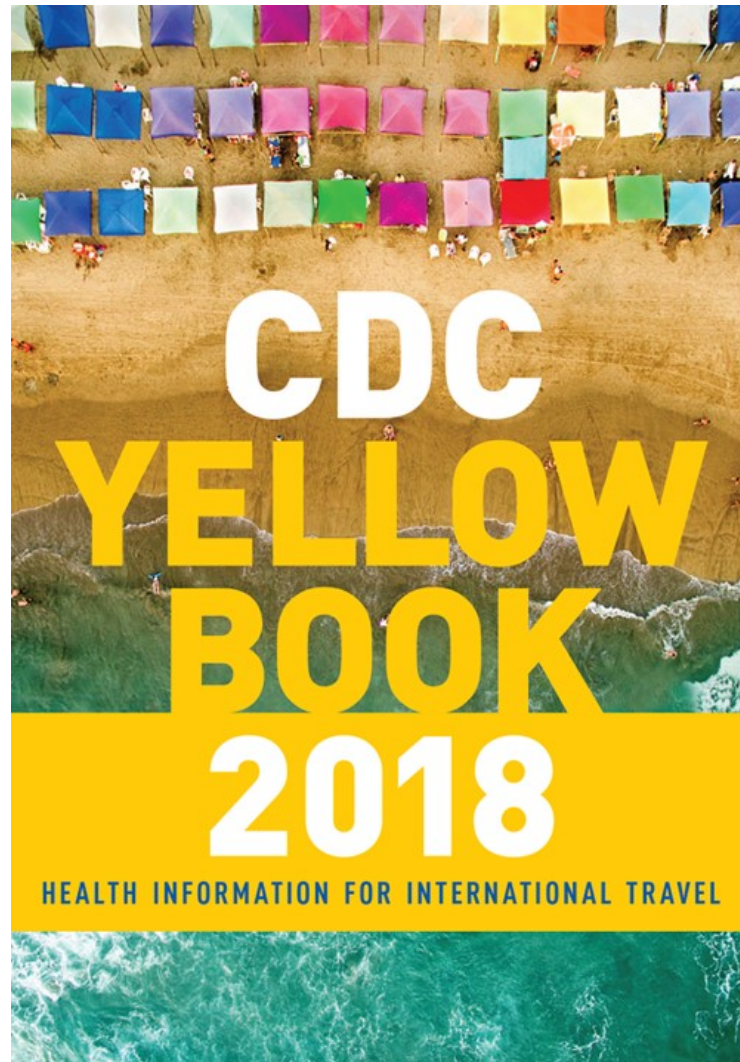
- Centers for Disease Control and Prevention

<https://wwwnc.cdc.gov/travel>

- German Society for Tropical Medicine

<http://www.dtg.org/>

Seeking Information



Seeking Information

- Travelers' Health | CDC

<https://wwwnc.cdc.gov/travel>

- Centrum für Reisemedizin

<https://www.crm.de/>

- fit for travel

<https://www.fit-for-travel.de/>

How Americans Die Abroad

Most common causes of death (October 2002-June 2015)

Cause of Death	Reported Number of American Deaths Abroad
Traffic accidents	3104
Homicide	2000
Suicide	1461
Drowning	1320
“Other accidents”	1294

10 Rules for a Healthy Travel

- Good mosquito and insect protection.
- Maintaining thoroughgoing food and drinking water hygiene.
- No unprotected intercourse.
- Don't swim in tropical waters.
- Don't walk barefoot.
- Good sun and heat protection.
- Take along a well-stocked medicine kit.
- Take all prescribed malaria prophylaxis tablets.
- Know the address of your country's embassy in case of emergency.
- Seek individual travel-medical advice prior to traveling and take the appropriate precautions (e.g. vaccinations and malaria prophylaxis).

CDC – Stay Healthy and Save

- Eat and drink safely
- Prevent bug bites
- Stay safe outdoors
- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Know how to get medical care while traveling
- Select safe transportation
- Maintain personal security





Malaria

6.6. Malariaphylaxe 2018

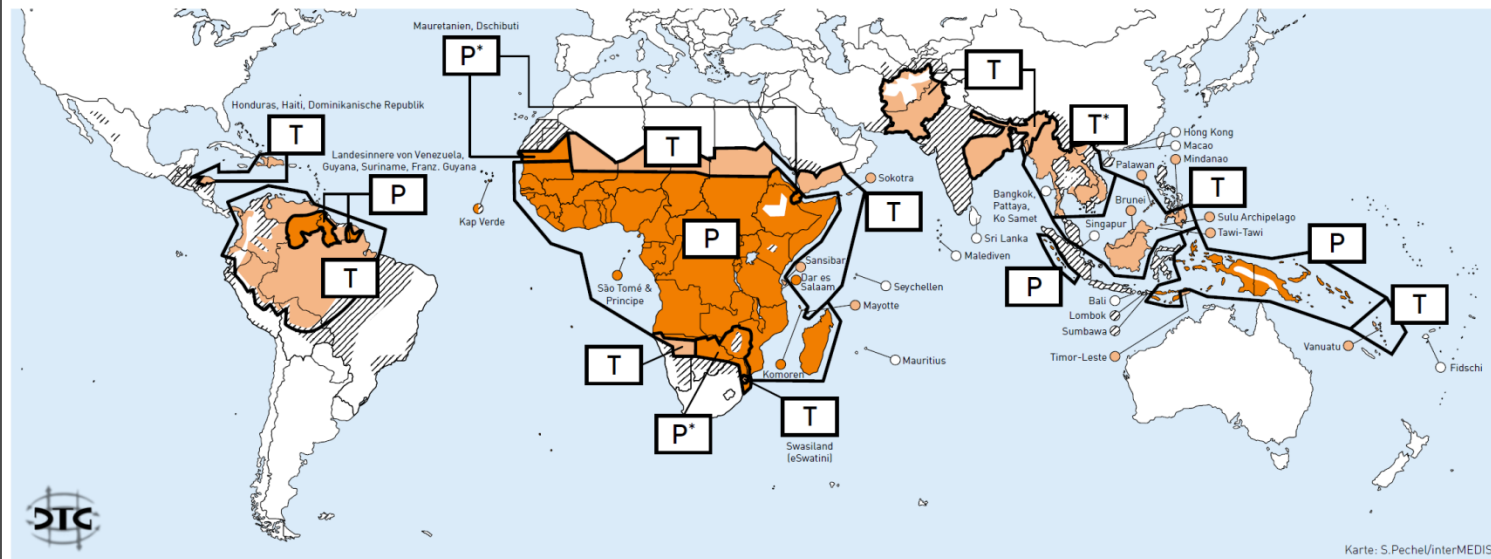
Einteilung in Zonen mit unterschiedlicher medikamentöser Chemoprophylaxe gemäß den Empfehlungen der DTG (Deutsche Gesellschaft für Tropenmedizin und Internationale Gesundheit e.V.)

Stand: Mai 2018

Für alle Malaria-Risikogebiete gilt: Mückenschutz empfohlen

-  Gebiete, in denen die Malaria nicht oder nicht mehr vorkommt
-  Gebiete mit minimalem Malariarisiko (nur Mückenschutz empfohlen, s. EP in Länderliste)
-  Gebiete mit geringem bzw. mäßigem Malariarisiko (i.d.R. nur Notfalltherapie empfohlen, Ausnahmen s. Länderliste)
-  Gebiete mit hohem Malariarisiko (Chemoprophylaxe empfohlen)

- P** Zur Chemoprophylaxe Atovaquon/Proguanil (Malarone® oder Generika) oder Doxycyclin* oder Mefloquin (Lariam®)**
 - * Für diese Indikation in Deutschland nicht zugelassen
 - ** Besondere Warnhinweise beachten
- P*** Chemoprophylaxe saisonal empfohlen mit Atovaquon/Proguanil (Malarone® oder Generika) oder Doxycyclin* oder Mefloquin (Lariam®)** Ansonsten Notfalltherapie Atovaquon/Proguanil (Malarone® oder Generika) oder Artemether/Lumefantrin (Riamet®)
 - * Für diese Indikation in Deutschland nicht zugelassen
 - ** Besondere Warnhinweise beachten
- T** Zur Notfalltherapie Atovaquon/Proguanil (Malarone® oder Generika) oder Artemether/Lumefantrin (Riamet®) Keine Chemoprophylaxe empfohlen
- T*** Zur Notfalltherapie nur Atovaquon/Proguanil (Malarone® oder Generika) Keine Chemoprophylaxe empfohlen



Karte: S. Peche/interMEDIS

Angepasst durch C. Schönfeld, ITMIH, Charité - Universitätsmedizin Berlin an WHO, World Malaria Report 2017, WHO, International Travel and Health 2017, Swiss TPH and EBPI/UZH, B. R. Beck, O. Veit

Buenos Aires - Argentina

- **Zika** is still a risk in Argentina. Because Zika infection in a pregnant woman can cause serious birth defects, women who are pregnant should not travel to Argentina. All travelers should strictly follow steps to prevent mosquito bites and sexual exposure to Zika virus during and after the trip.
- **Vaccines:** - Routine vaccines (Tdap-Polio, MMRV)
 - Hepatitis A
 - Typhoid
 - Hepatitis B
 - Yellow Fever (*Corrientes and Misiones*)
 - (- Rabies)

Buenos Aires - Argentina



Buenos Aires - Argentina

- **Malaria:** no drug prophylaxis recommended
- **Vectorborne Diseases:**
 - Chagas disease (American Trypanosomiasis)
 - Dengue fever
- **Hantavirus infection**
- **North East:**
 - Leishmaniasis
 - Cutaneous Leishmaniasis
 - Mucosal Leishmaniasis
 - Visceral Leishmaniasis (kala-azar)

Cape Town – South Africa

- **Civil Unrest:** Strikes and demonstrations occur frequently. These can develop quickly and occasionally turn violent.
- **Crime:** Most visitors to South Africa enjoy their visit without incident, but South Africa has a very high level of crime (armed robbery, rape, carjacking)
- **Vaccines:** - Routine vaccines (Tdap-Polio, MMRV)
 - Hepatitis A
 - Typhoid
 - Hepatitis B
 - (- Rabies)
 - (- Yellow fever)

Cape Town – South Africa

- **Malaria:**

- no drug prophylaxis recommended for cape town
- prophylaxis (P): Atovaquone-proguanil (Kruger National Park)

- **Vetorborne Diseases:**

- African Tick-Bite Fever
- Chikungunya

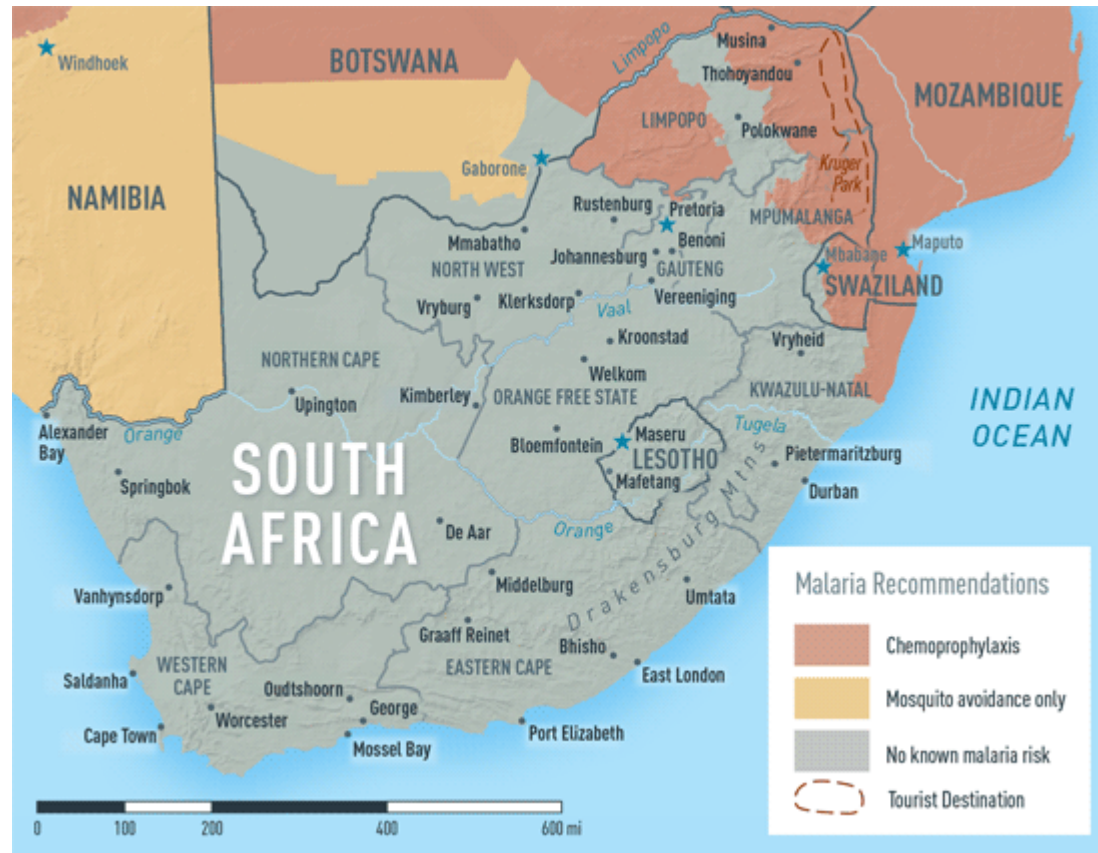
- **Bloodborne & Direct Physical Contact:**

- HIV!!!!, HBV, HCV

- **Airborne & Droplet**

- Tuberculosis

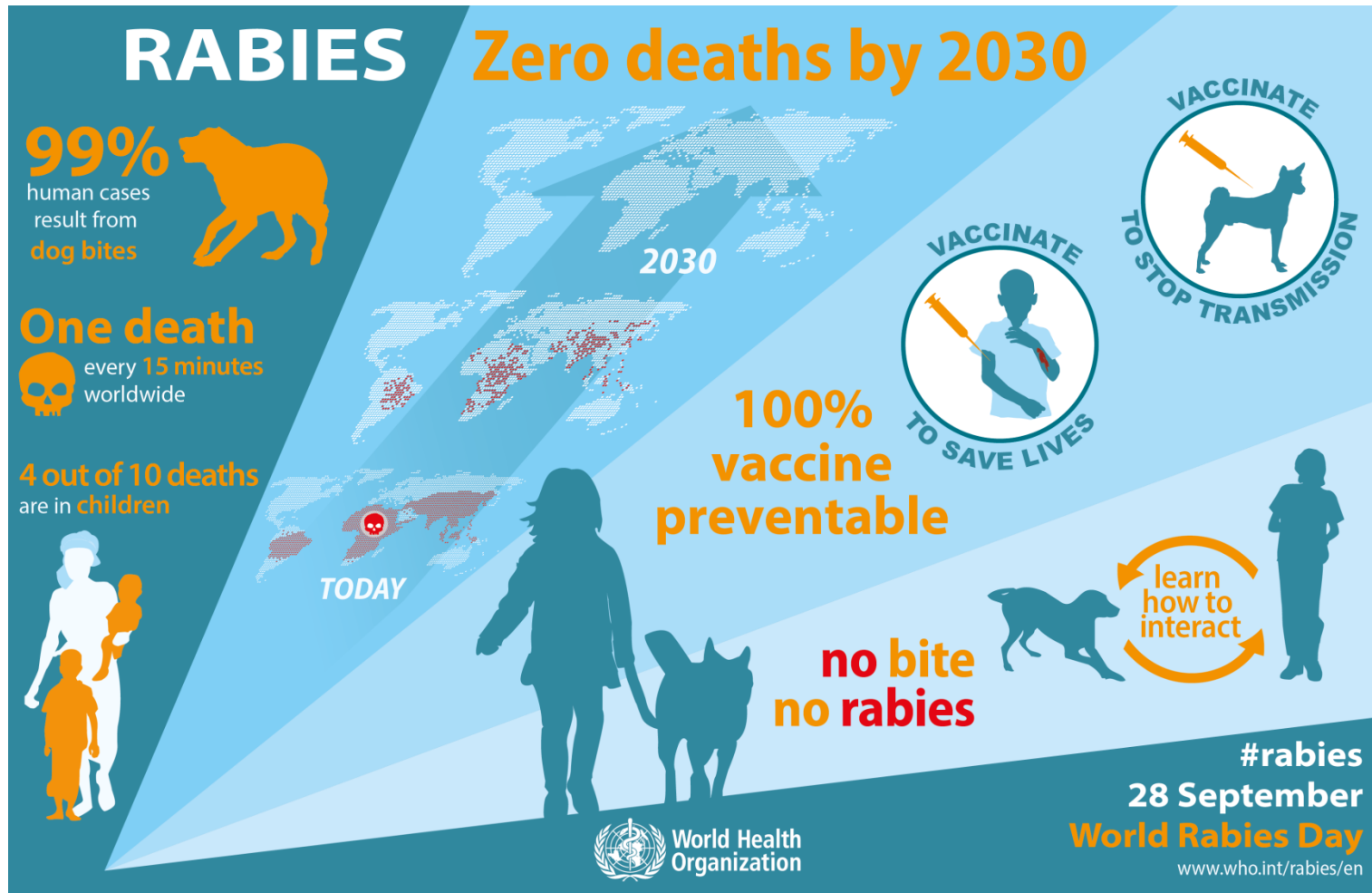
Cape Town – South Africa



New Delhi – India

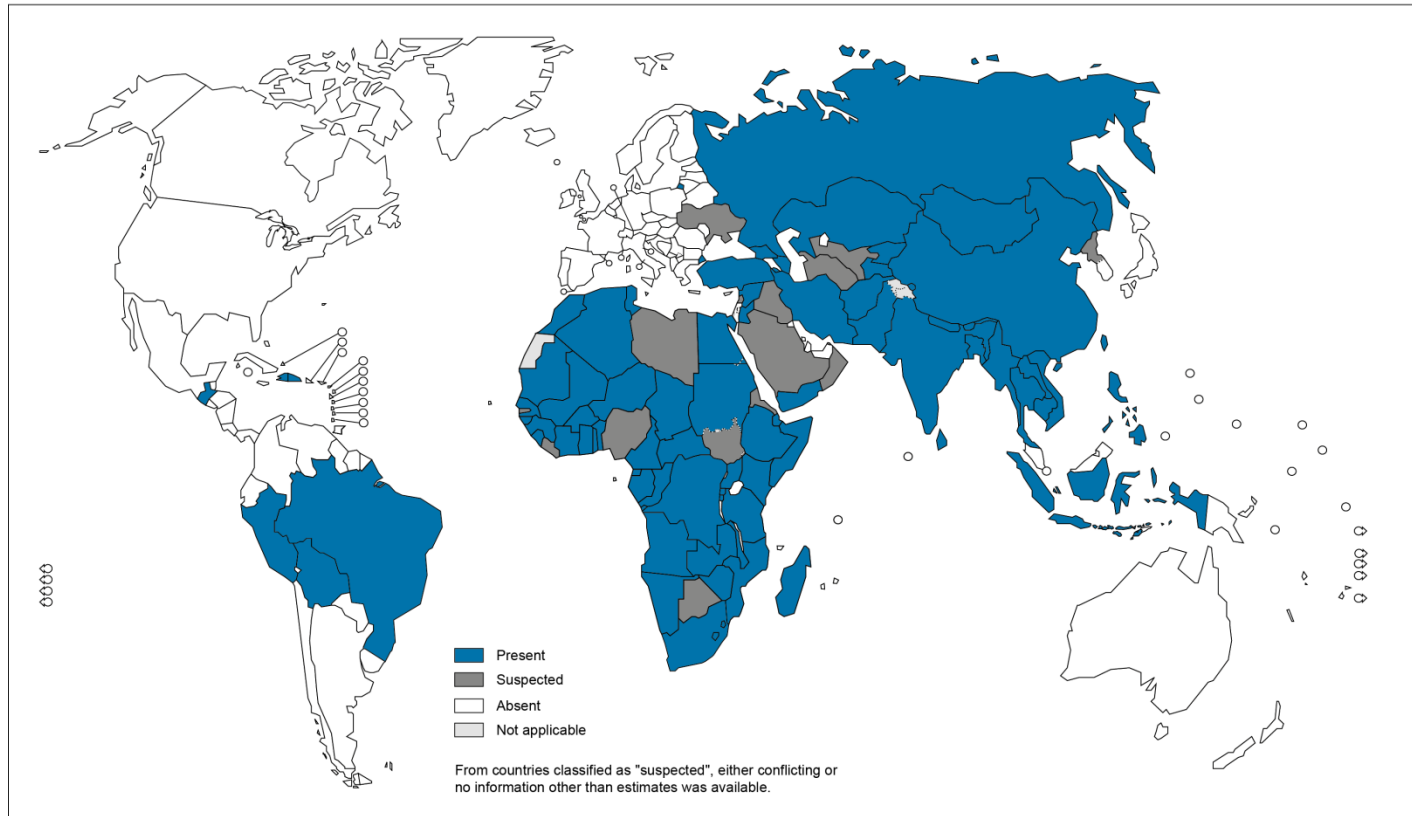
- **Rabies:** High risk country!
- **High risk for:** Typhoid, dysentery, amoebiasis, lambliasis.
- **Vaccines:** - Routine vaccines (Tdap-Polio, MMRV)
 - Hepatitis A
 - Typhoid
 - Hepatitis B
 - Rabies
 - (- Cholera)
 - (- Japanese Encephalitis)
 - (- Yellow fever)

New Delhi – India



New Delhi – India

Presence of dog-transmitted human rabies based on most recent data points from different sources, 2010-2014



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement. © WHO 2015. All rights reserved

Data Source: World Health Organization
Map Production: Control of Neglected
Tropical Diseases (NTD)
World Health Organization



New Delhi – India

- **Malaria:**

- prophylaxis (**T**): Atovaquone-proguanil
- fever of unknown origin 5 days or later after arrival
- seek expert help in case of malaria suspicion

- **Vectorborne Diseases:**

- Chikungunya
- Dengue

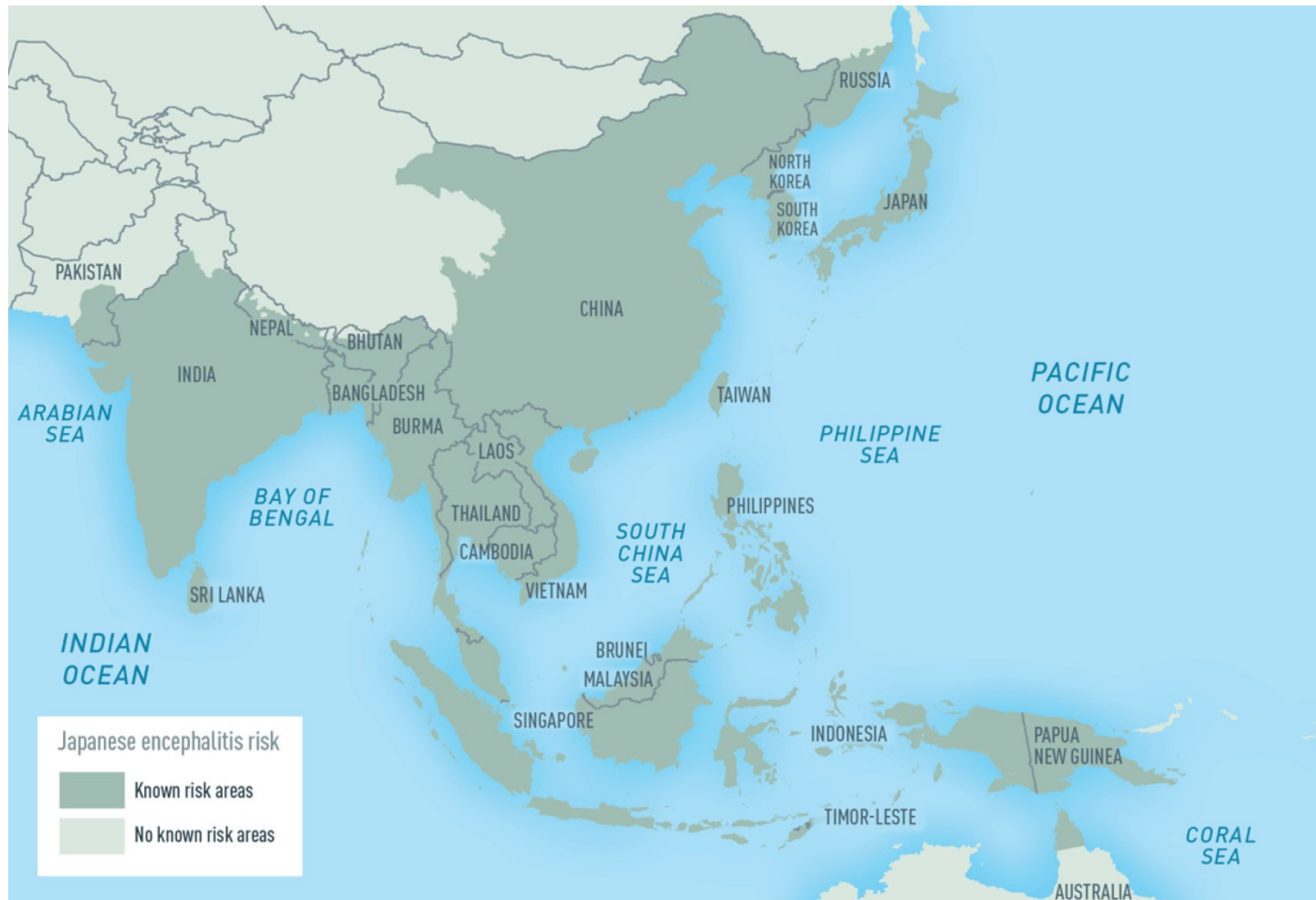
- **Airborne & Droplet**

- Tuberculosis

Bangkok – Thailand

- **Zika** virus is a risk in Thailand. Because Zika infection in a pregnant woman can cause serious birth defects, women who are pregnant should not travel to Thailand. All travelers should strictly follow steps to prevent mosquito bites and sexual exposure to Zika virus during and after the trip.
- **Vaccines:** - Routine vaccines (Tdap-Polio, MMRV)
 - Hepatitis A
 - Typhoid
 - Hepatitis B
 - Rabies
 - (- Cholera)
 - (- Japanese Encephalitis)
 - (- Yellow fever)

Bangkok – Thailand



Bangkok – Thailand

- Japanese Encephalitis: Recommendation for vaccination

COUNTRY	AFFECTED AREAS	TRANSMISSION SEASON	COMMENTS
India	Human cases reported from all states except Dadra, Daman, Diu, Gujarat, Himachal Pradesh, Jammu and Kashmir, Lakshadweep, Meghalaya, Nagar Haveli, Punjab, Rajasthan, and Sikkim	Most human cases reported May–October, especially in northern India; the season may be extended or year-round in some areas, especially in southern India	Highest rates of human disease reported from the states of Andhra Pradesh, Assam, Bihar, Goa, Haryana, Karnataka, Kerala, Tamil Nadu, Uttar Pradesh, and West Bengal

Bangkok – Thailand

- Japanese Encephalitis: Recommendation for vaccination

COUNTRY	AFFECTED AREAS	TRANSMISSION SEASON	COMMENTS
Thailand	Endemic countrywide; seasonal epidemics in the northern provinces	Year-round with peak season May–October, especially in the north	Highest rates of human disease reported from the Chiang Mai Valley; sporadic human cases reported from Bangkok suburbs; several cases reported recently in travelers who visited resort or coastal areas of southern Thailand.

Bangkok – Thailand

- **Malaria:**

- no malaria in Bangkok
- prophylaxis (**T**): Atovaquone-proguanil
- fever of unknown origin 5 days or later after arrival
- seek expert help in case of malaria suspicion

- **Vectorborne Diseases:**

- Chikungunya
- Dengue

- **Bloodborne & Direct Physical Contact**

- HIV (medical tourism!), HBV, HCV

Bangkok – Thailand

- **Airborne & Droplet**

- Tuberculosis

- **High risk for:**

- Typhoid, dysentery, amoebiasis, lambliasis.
- Schistosomiasis (fresh water)
- Lyme disease (tick borne disease)
- Epidemic typhus (louse-borne typhus)

Medical kit – pills are not enough!

- Foreign health insurance (eg. Allianz, ADAC, AXA, ...)!
- Please contact your local partner (university, host)!
- Be aware of medication counterfeiting!
- Think about your regular medication!
- Clarify special treatments on location (laboratory testing, etc.)!
- Travelling medicine: pain relief, antibiotics, ...
- Getting sick while studying abroad
 - if possible, come back to Germany (especially for surgery)
- Getting sick after travel: University Medical Center FR
(e.g. one student with Blastocystis spp – India!)

Appointment for vaccinations

- You will receive an e-mail within the next days including appointments for vaccinations according to the four destinations.
- Please provide any vaccination documents!

