

EASTERN EUROPE:
Ukendt argument for parameter.

	Gr 1	Gr 2	Gr 3	Gr 4 Fejl!
Albania		A	ADT	ADTBs
Belarus	D	AD	ADTf	ADTBfs
Bosnia/Hercegovina		A	ADTf	ADTBfs
Bulgaria		A	ADTBf	ADTBf
Croatia		A	ADTf	ADTBfs
Czech Rep.		A	ADTf	ADTBf
Estonia	D	AD	ADTf	ADTBfs
Hungary		A	ADTf	ADTBfs
Latvia	D	AD	ADTf	ADTBfs
Lithuania	D	AD	ADTf	ADTBfs
Macedonia		A	ADTf	ADTBfs
Moldova	D	AD	ADTBf	ADTBfs
Poland		A	ADTf	ADTBfs
Rumania		A	ADTf	ADTBfs
Russia	D	AD	ADTf	ADTBfs
Serbia/Montenegro		A	ADTf	ADTBfs
Slovakia		A	ADTf	ADTBf
Ukraine	D	AD	ADTf	ADTBfs

THE CARIBBEAN:

Anguilla (UK)		A	ADT	ADTB
Antigua/Barbuda		A	ADT	ADTB
Aruba		A	ADT	ADTB
Bahamas		A	ADT	ADTB
Barbados		A	ADT	ADTB
Bermuda (UK)		A	ADT	ADTB
Cayman (UK)		A	ADT	ADTB
Cuba		A	ADT	ADTB _r
Dominica		A	ADT	ADTB
Dominican Rep.	AV	AV	ADTV	ADTBrsV
Dutch Antilles		A	ADT	ADTB
Granada		A	ADT	ADTB
Guadeloupe (Fr)		A	ADT	ADTB
Haiti	Av	Aq	ADTq	ADTBrsq
Jamaica		A	ADT	ADTB
Martinique (Fr)		A	ADT	ADTB
Montserrat		A	ADT	ADTB
Puerto Rico (US)		A	ADT	ADTB
St. Kitt's-Nevis		A	ADT	ADTB
St. Lucia		A	ADT	ADTB
St. Vincent/Grenadines		A	ADT	ADTB
Trinidad/Tobago		A	ADT	ADTB
Turks/Caicos (UK)		A	ADT	ADTB
Virgin Is. (UK and US)		A	ADT	ADTB

CENTRAL AND SOUTH AMERICA:

Argentina		Aq	ADTq	ADTBsq
Belize		AQ	ADTQ	ADTB _r Q
Bolivia		AGq	AGDTq	AGDTBrsq
Amazonas	GX	AGX	AGDTBX	AGDTBrsX
Brazil		AGq	AGDTq	AGDTBrsq
Amazonas	GX	AGX	AGDTBX	AGDTBrsX
Chile		A	ADT	ADTBs
Columbia	G	AGQ	AGDTQ	AGDTBrsQ
Amazonas	GX	AGX	AGDTBX	AGDTBrsX

Recommendations are divided into four categories according to the type of journey:

1. Business or conference trip for some days to a capital or other major city. **Grp 1** cover can be supplemented from **Grp 2**, e.g. with A.
2. Organized package tour of up to four weeks with day excursions. For special journeys with the possibility of heavy exposure to infection, **Grp 2** cover can be supplemented from **Grp 3**, e.g. by J for exposure to insect bites (trekking), T for extremely poor hygienic conditions (visits to disaster areas), M or D for close personal contact in the locality.
3. Individual journey of some months' duration, e.g. backpacking and immigrants on family visits.
4. Prolonged individual journey of 6 months or more, stationing abroad, or equivalent frequently repeated visits.

NB: Cover will often need to be adapted to individual needs.

For journeys to border areas, vaccination recommendations for the neighbouring country can be included.

Recommendations must be weighed against possible contraindications.

Interpreting the symbols

Malaria prophylaxis is emphasized by **bold type**, and placed last in each column.

CAPITALS are used when recommendations apply to all travellers, and lower case letters when use is limited: f, r and s thus refer to vaccination of selected travellers, and v, q, u, x and z refer to malaria risk in a limited area of the country.

Seasonal variation is indicated by numbers.

When the risk is limited to part of the year, typically the rainy season, the first and last month of the relevant period are shown as superscript and subscript, respectively, after the letter e.g. Afghanistan U⁵₁₁.

The figures are only for general gui-

A: Hepatitis A
B: Hepatitis B
D: Diphtheria
f: SSME/TBE

G: Yellow fever
J: Japanese encephalitis
M: Meningococcus A+C
r: Rabies

s: Tuberculosis
T: Typhoid fever
V: Mosquito bite protection
Q: Chloroquine

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X: Mefloquine/Malarone/doxycykline
Z: Doxycykline/Malarone

dance as the rainy season may vary from year to year.

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Amazonas	GX	AGX	AGDTBX	AGDTBrSX
Costa Rica		Aq	ADTq	ADTBrq
Equador		AGQ	AGDTQ	AGDTBrSQ
Amazonas	GX	AGX	AGDTBX	AGDTBrSX
Galapagos Is.		A	ADT	ADTB
El Salvador		Aq	ADTq	ADTBrSq
French Guiana	G	AGx	AGDTx	AGDTBrSx
Guatemala		Aq	ADTq	ADTBrSq
Guyana	G	AGX	AGDTX	AGDTBrSX
Honduras	Q	AQ	ADTQ	ADTBrSQ
Mexico		Aq	ADTq	ADTBrSq
Nicaragua	Q	AQ	ADTQ	ADTBrSQ
Panama	G	AGx	AGDTx	AGDTBrSx
Paraguay		Aq	ADTq	ADTBrSq
Peru		AGq	AGDTq	AGDTBrSq
Amazonas	GX	AGX	AGDTBX	AGDTBrSX
Surinam	G	AGx	AGDTx	AGDTBrSx
Uruguay		A	ADT	ADTB
Venezuela	G	AGq	AGDTq	AGDTBrq
Amazonas	GX	AGX	AGDTBX	AGDTBrSX
Margarita I.		A	ADT	ADTB

OCEANIA:

Caroline Is. (US)		A	ADT	ADTBs
Christmas I. (Aus)		A	ADT	ADTBs
Cocos I. (Aus)		A	ADT	ADTBs
Cook Is.		A	ADT	ADTBs
Fiji		A	ADT	ADTBs
French Polynesia		A	ADT	ADTBs
Guam I. (US)		A	ADT	ADTBs
Kiribati		A	ADT	ADTBs
Micronesian Federation		A	ADT	ADTBs
Nauru I.		A	ADT	ADTBs
New Caledonia (Fr)		A	ADT	ADTBs
Niue I.		A	ADT	ADTBs
Northern Mariana Is.		A	ADT	ADTBs
Papua-New Guinea	X	AX	ADTX	ADTBsX
Pitcairn I.		A	ADT	ADTBs
Solomon Is.	U	AU	ADTU	ADTBsU
Tokelau Is. (NZ)		A	ADT	ADTBs
Tonga		A	ADT	ADTBs
Tuvalu		A	ADT	ADTBs
Vanuatu	U	AU	ADTU	ADTBsU
Wake I. (US)		A	ADT	ADTBs
Wallis/Futuna Is. (Fr)		A	ADT	ADTBs
Western Samoa		A	ADT	ADTBs

AFRICA:

Algeria		AD	ADT	ADTBrs
Angola	AGX	AGDX	AGDMTBX	AGDMTBrsX
Benin	AGX	AGDMX	AGDMTBX	AGDMTBrsX
Botswana	A	ADx ¹¹ ₆	ADTBx ¹¹ ₆	ADTBrsx ¹¹ ₆
Burkina Faso	AGX	AGDMX	AGDMTBX	AGDMTBrsX
Burundi	AGX	AGDMTX	AGDMTBX	AGDMTBrsX
Cameroon	GX	AGDMX	AGDMTBX	AGDMTBrsX
Cape Verde rep.		ADv ⁹ ₁₁	ADTBv ⁹ ₁₁	ADTBrsv ⁹ ₁₁

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Z: Doxycykline/Malarone

Key to symbols

A: Hepatitis A (vaccination suggested from 1 year of age and

recommended from 10 years; immunoglobulin may be given in pregnancy)

B: Hepatitis B (from birth).

D: Diphtheria. All travellers should have been vaccinated against both diphtheria and tetanus within the last 10 years (usually given as "Di-Te vaccine for revaccination". See EPI-NEWS 40/97 and 7/99.

f: East European spring-summer meningoencephalitis or tick-borne encephalitis (SSME/TBE). For regular walking in grassy woodlands during the six months of summer.

G: Yellow fever (from 9 months).

J: Japanese encephalitis (from 1 year See EPI-NEWS 3/97 and 50/99.

M: Meningococcal infection A+C (from 2 years). See EPI-NEWS 7/00.

r: Rabies, especially for children and for journeys to remote rural areas.

s: Tuberculosis. BCG for unvaccinated children and adolescents in case of regular contact with a local population living in poor conditions (from birth).

T: Typhoid fever (injection from 2 years, capsules from about 5 years).

Malaria prophylaxis

V: Very low risk, protection against mosquito bites sufficient.

Q: Chloroquine, alternatively proguanil.

U: Chloroquine + proguanil, alternatively mefloquine or Malarone.

X: Mefloquine, Malarone or doxycycline, alternatively chloroquine + proguanil.

Z: Doxycycline or Malarone.

Basic vaccination of children and persons who have not had the usual childhood vaccinations: see EPI-NEWS 50/96.

Vaccination of children before visits to developing countries: see EPI-NEWS 8/00.

Cholera vaccination

The oral cholera vaccine may be indicated in rare cases; see EPI-EWS

Cholera vaccination is no longer officially required by any country.

	Gr 1	Gr 2	Gr 3	Gr 4
Central African Rep.	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Chad	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Chagos Is. (UK)		AD	ADT	ADTBrS
Comoro Is.	AX	ADX	ADTBX	ADTBrSX
Congo (Brazzaville)	GX	AGDX	AGDMTBX	AGDMTBrSX
Dem. Rep. Congo (Zaire)	AGX	AGDX	AGDMTBX	AGDMTBrSX
Djibouti	AX	ADMX	ADMTBX	ADMTBrSX
Egypt		ADv ⁶ ₁₀	ADTv ⁶ ₁₀	ADTBrsv ⁶ ₁₀
Equatorial Guinea	AGX	AGDX	AGDMTBX	AGDMTBrSX
Eritrea	AX	ADMX	ADMTBX	ADMTBrSX
Ethiopia	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Addis Ababa	AG	AGDM	AGDMTB	AGDMTBrS
Gabon	GX	AGDX	AGDMTBX	AGDMTBrSX
Gambia	AGX	AGDX	AGDMTBX	AGDMTBrSX
Ghana	GX	AGDMX	AGDMTBX	AGDMTBrSX
Guinea	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Guinea-Bissau	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Ivory Coast	GX	AGDMX	AGDMTBX	AGDMTBrSX
Kenya	GX	AGDX	AGDMTBX	AGDMTBrSX
Nairobi	G	AGD	AGDTB	AGDTBrS
Lesotho	A	AD	ADTB	ADTBrS
Liberia	AGX	AGDX	AGDMTBX	AGDMTBrSX
Libya		AD	ADT	ADTBr
Madagascar	AX	ADX	ADTBX	ADTBrSX
Malawi	AX	ADX	ADTBX	ADTBrSX
Mali	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Mauretania	Au	AGDu	AGDMTBu	AGDMTBrSu
Mauritius		ADv	ADTBv	ADTBrsv
Mayotte Is. (Fr)	X	ADX	ADTBX	ADTBrSX
Morocco		ADv ⁵ ₁₀	ADTv ⁵ ₁₀	ADTBrsv ⁵ ₁₀
Mozambique	AX	ADX	ADMTBX	ADMTBrSX
Namibia		ADu	ADTBu	ADTBrSu
Niger	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Nigeria	GX	AGDMX	AGDMTBX	AGDMTBrSX
Réunion I. (Fr)		AD	ADTB	ADTBrS
Rwanda	AGX	AGDMTX	AGDMTBX	AGDMTBrSX
Sao Tomé/Príncipe	AGX	AGDX	AGDTBX	AGDTBrSX
Senegal	GX	AGDMX	AGDMTBX	AGDMTBrSX
Seychelles		AD	ADTB	ADTBs
Sierra Leone	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Somalia	AGX	AGDX	AGDMTBX	AGDMTBrSX
South Africa		ADx	ADTBx	ADTBrSx
Sudan	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Swaziland	X	ADX	ADTBX	ADTBrSX
Tanzania	AGX	AGDX	AGDMTBX	AGDMTBrSX
Togo	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Tunesia		AD	ADT	ADTBrS
Uganda	AGX	AGDMX	AGDMTBX	AGDMTBrSX
Zambia	AGX	AGDX	AGDTBX	AGDTBrSX
Zimbabwe	X	ADX	ADTBX	ADTBrSX
Harare, Bulawayo		AD	ADTB	ADTBrS

ASIA:

Afghanistan	A	ADU ⁵ ₁₁	ADTU ⁵ ₁₁	ADTBrSU ⁵ ₁₁
Armenia	D	ADq ⁶ ₁₀	ADTBq ⁶ ₁₀	ADTBrSq ⁶ ₁₀
Azerbaijan	D	ADq ⁶ ₁₀	ADTBq ⁶ ₁₀	ADTBrSq ⁶ ₁₀

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Special official requirements

Stay or transit in countries where yellow fever may occur may incur a vaccination requirement at a later stage of the journey (see Yellow Fever Map, EPI-NEWS 7/98). Meningococcal vaccination is required for pilgrimages to Saudi Arabia, from as early as 3 months of age for children, EPI-NEWS 7/00.

Malaria prophylaxis

Primary prevention of mosquito bites by using insect repellents or net is the most important.

Five different medical prophylactic regimens are described below:

Chloroquine is used where the risk of falciparum malaria is low, or where sensitivity to chloroquine is high. It may be used in children and during pregnancy.

Chloroquine + proguanil are used in areas with a high risk of falciparum malaria of

reduced chloroquine sensitivity. The combination may be used in children and during pregnancy.

Mefloquine is contraindicated in pregnancy, and pregnancy should be avoided for 3 months after the last dose.

It should not be used prophylactically in children under 15 kg or in persons with epilepsy or a history of neuropsychiatric illness.

When the above restrictions prevent its use, doxycycline or Malarone can be used as an alternative.

Doxycycline is effective against P. falciparum strains resistant to other antimalarials. It is contraindicated in pregnant women and children below the age of 12 years, EPI-NEWS 15-16/98.

Malarone is effective against P. falciparum strains resistant to other antimalarials. It should only be used in pregnancy after individual assessment and is not recommended during breast feeding, EPI-NEWS 51/98 and 20/99.

Self-treatment of malaria

For longer stays in risk areas where medical assistance or medicines are

	Gr 1	Gr 2	Gr 3	Gr 4
Bahrain		A	ADTB	ADTBr
Bangladesh	A	AU	ADJ ⁶ ₁ MTrU	ADJ ⁶ ₁ MTBrSU
Bhutan	A	Au	ADJ ⁶ ₁ MTru	ADJ ⁶ ₁ MTBrSU
Brunei		A	ADJT	ADJTBS
Cambodia	Az	Az	ADJ ⁵ ₁₀ TBrz	ADJ ⁵ ₁₀ TBrSZ
China, north		A	ADT	ADTBrS
China, south		Av	ADJ ⁴ ₁₀ TBv	ADJ ⁴ ₁₀ TBrsv
Hainan, Yunnan	X	AX	ADJ ⁴ ₁₀ TBX	ADJ ⁴ ₁₀ TBrSX
Cyprus		A	ADT	ADTB
Georgia	D	ADq ⁷ ₁₀	ADTBq ⁷ ₁₀	ADTBrSq ⁷ ₁₀
Hong Kong (China)		A	ADTB	ADTBS
India, north		AU	ADJ ⁶ ₁ MTrU	ADJ ⁶ ₁ MTBrSU
India, south	U	AU	ADJMTrU	ADJMTBrSU
Indonesia		AU	ADJTBU	ADJTBrSU
Irian Jaya	X	AX	ADJTBX	ADJTBSX
Jakarta, Bali		A	ADJTB	ADJTBS
Iran		Au ³ ₁₁	ADTu ³ ₁₁	ADTBrSu ³ ₁₁
Iraq		Aq ⁵ ₁₁	ADTq ⁵ ₁₁	ADTBrSq ⁵ ₁₁
Israel		A	ADT	ADTB
Japan			ADJ ⁴ ₁₀ T	ADJ ⁴ ₁₀ TB
Jordan		A	ADT	ADTBr
Kazakhstan	D	AD	ADTB	ADTBrS
Kirgizia	D	AD	ADTB	ADTBrS
Kuwait		A	ADT	ADTBrS
Laos	A	Ax	ADJ ⁵ ₁₀ TBx	ADJ ⁵ ₁₀ TBrSx
Lebanon		A	ADT	ADTBr
Macão (Port)		A	ADT	ADTB
Malaysia		A	ADJT	ADJTBS
Sabah		AX	ADJTX	ADJTBSX
Sarawak		AU	ADJTU	ADJTBSU
Maldives		A	ADT	ADTBS
Mongolia		A	ADMTB	ADMTBrS
Myanmar (Burma)	AX	AX	ADJ ⁵ ₁₀ MTBrX	ADJ ⁵ ₁₀ MTBrSX
Nepal	A	Au	ADJ ⁷ ₁₂ MTru	ADJ ⁷ ₁₂ MTBrSU
North Korea	A	Av	ADJ ⁵ ₁₀ TBv	ADJ ⁵ ₁₀ TBrsv
Oman		Av	ADTv	ADTBrv
Pakistan	U	AU	ADJ ⁶ ₁ TrU	ADJ ⁶ ₁ TBrSU
Phillippines		Au	ADJTBu	ADJTBrSU
Qatar		A	ADT	ADTBS
Saudi Arabia		Au	ADTBu	ADTBrU
Mekka (Hajj)	M	M	ADMTB	ADMTBr
Singapore		A	ADT	ADTBS
Sri Lanka		AU	ADJTrU	ADJTBrSU
South Korea		Av	ADJ ⁷ ₁₀ TBv	ADJ ⁷ ₁₀ TBrsv
Syria		Aq ⁵ ₁₀	ADTq ⁵ ₁₀	ADTBrSq ⁵ ₁₀
Taiwan		A	ADJ ⁴ ₁₀ TB	ADJ ⁴ ₁₀ TBS
Tajikistan	D	ADq ⁶ ₁₀	ADTBq ⁶ ₁₀	ADTBrSq ⁶ ₁₀
Thailand		Az	ADJ ⁵ ₁₀ TBrz	ADJ ⁵ ₁₀ TBrSZ
usual tourist areas		A	ADJ ⁵ ₁₀ TB	ADJ ⁵ ₁₀ TBS
Turkey		Aq ⁵ ₁₀	ADTq ⁵ ₁₀	ADTBrSq ⁵ ₁₀
usual tourist areas		A	ADT	ADTBS
Turkmenistan	D	ADq ⁶ ₁₀	ADTBq ⁶ ₁₀	ADTBrSq ⁶ ₁₀
United Arab Emirates		ADu	ADT <u>u</u>	ADTBr <u>u</u>
Uzbekistan	D	AD	ADMTB	ADMTBrS
Vietnam		Ax	ADJ ⁵ ₁₀ TBx	ADJ ⁵ ₁₀ TBrSx

not expected to be available, anti-malarials can be supplied for self-treatment.

An agent that has not been included in the prophylaxis should be chosen.

If chloroquine with or without proguanil has been used, mefloquine/Malarone or alternatively Fansidar (sulfadoxin + pyrimethamine) is suggested.

If mefloquine has been used, Malarone can be taken.

Artemisinin, a new antimalarial used for treatment in parts of Africa and Asia, is an alternative. It has not been registered in Denmark.

Halofantrine is available in many countries, but should not be used, EPI-NEWS 25/95.

Quinine should only be used for self-treatment in exceptional circumstances.

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