

Vaccination Recommendations / Considerations

The following information was sourced from the Centres for Disease Control and Prevention (CDC) for your information and should be considered in consultation with your Doctor. For further information the CDC traveler's health site may be found at <http://wwwnc.cdc.gov/travel/destinations/list>.

CHINA

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

	Find Out Why	Protect Yourself
<p>All travelers You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.</p>		
<p>Routine vaccines</p>	<p>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.</p>	
<p>Most travelers Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.</p>		
<p>Hepatitis A</p>	<p>CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in China, regardless of where you are eating or staying.</p>	
<p>Typhoid</p>	<p>You can get typhoid through contaminated food or water in China. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.</p>	
<p>Some travelers Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.</p>		
<p>Hepatitis B</p>	<p>You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.</p>	
<p>Japanese Encephalitis</p>	<p>You may need this vaccine if your trip will last more than a month, depending on where you are going in China and what time of year you are traveling. You should also consider this vaccine if you plan to visit rural areas in China or will be spending a lot of time outdoors, even for trips shorter than a month. Your doctor can help you</p>	

	Find Out Why	Protect Yourself
	decide if this vaccine is right for you based on your travel plans. See more in-depth information on Japanese encephalitis in China .	
Polio	<p>You may need a polio vaccine before your trip to China if you are visiting the Xinjiang province, especially if you are working in a health care facility, refugee camp, or humanitarian aid setting. This kind of work might put you in contact with someone with polio.</p> <ul style="list-style-type: none"> • If you were vaccinated against polio as a child but have never had a polio booster dose as an adult, you should get this booster dose. Adults need only one polio booster in their lives. • If you were not completely vaccinated as a child or do not know your vaccination status, talk to your doctor about getting vaccinated. 	
Rabies	<p>Rabies can be found in dogs, bats, and other mammals in China, so CDC recommends this vaccine for the following groups:</p> <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. • People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). • People who are taking long trips or moving to China <p>Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.</p>	
Yellow Fever	<p>There is no risk of yellow fever in China. The government of China <i>requires</i> proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission.</p> <p>For more information on recommendations and requirements, see yellow fever recommendations and requirements for China. Your doctor can help you decide if this vaccine is right for you based on your travel plans.</p>	
Malaria	<p>When traveling in China, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if</p>	

	Find Out Why	Protect Yourself
	you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in China, see malaria in China .	

Key

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|---|------------------------|---|-------------------------------------|
|  | Get vaccinated |  | Keep away from animal |
|  | Take antimalarial meds |  | Reduce your exposure to germs |
|  | Eat and drink safely |  | Avoid sharing body fluids |
|  | Prevent bug bites |  | Avoid non-sterile medical equipment |

THAILAND

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

	Find Out Why	Protect Yourself
All travelers		
You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.		
Routine vaccines	Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.	
Most travelers		
Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.		
Hepatitis A	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Thailand, regardless of where you are eating or staying.	
Typhoid	You can get typhoid through contaminated food or water in Thailand. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.	
Some travelers		
Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.		
Hepatitis B	You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC	

	Find Out Why	Protect Yourself
	recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.	
Japanese Encephalitis	You may need this vaccine if your trip will last more than a month, depending on where you are going in Thailand and what time of year you are traveling. You should also consider this vaccine if you plan to visit rural areas in Thailand or will be spending a lot of time outdoors, even for trips shorter than a month. Your doctor can help you decide if this vaccine is right for you based on your travel plans. See more in-depth information on Japanese encephalitis in Thailand .	
Malaria	When traveling in Thailand, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Thailand, see malaria in Thailand .	
Rabies	Although rabies can be found in dogs, bats, and other mammals in Thailand, it is not a major risk to most travelers. CDC recommends this vaccine only for these groups: <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities in remote areas that put them at risk for animal bites (such as adventure travel and caving). • People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). • People who are taking long trips or moving to remote areas in Thailand • Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. 	
Yellow Fever	There is no risk of yellow fever in Thailand. The government of Thailand <i>requires</i> proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission . For more information on recommendations and requirements, see yellow fever recommendations and requirements for Thailand . Your doctor can help you decide if this vaccine is right for you based on your travel plans.	

Key

-  Get vaccinated
-  Take antimalarial meds
-  Eat and drink safely
-  Prevent bug bites
-  Keep away from animal
-  Reduce your exposure to germs
-  Avoid sharing body fluids
-  Avoid non-sterile medical equipment

LAOS

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

	Find Out Why	Protect Yourself
<p>All travelers</p> <p>You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.</p>		
<p>Routine vaccines</p>	<p>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.</p>	
<p>Most travelers</p> <p>Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.</p>		
<p>Hepatitis A</p>	<p>CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Laos, regardless of where you are eating or staying.</p>	
<p>Typhoid</p>	<p>You can get typhoid through contaminated food or water in Laos. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.</p>	
<p>Some travelers</p> <p>Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.</p>		
<p>Hepatitis B</p>	<p>You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.</p>	
<p>Japanese Encephalitis</p>	<p>You may need this vaccine if your trip will last more than a month, depending on where you are going in Laos and</p>	

	Find Out Why	Protect Yourself
	what time of year you are traveling. You should also consider this vaccine if you plan to visit rural areas in Laos or will be spending a lot of time outdoors, even for trips shorter than a month. Your doctor can help you decide if this vaccine is right for you based on your travel plans. See more in-depth information on Japanese encephalitis in Laos .	
Malaria	When traveling in Laos, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Laos, see malaria in Laos .	 
Rabies	Rabies can be found in dogs, bats, and other mammals in Laos, so CDC recommends this vaccine for the following groups: <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. • People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). • People who are taking long trips or moving to Laos • Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. 	 
Yellow Fever	There is no risk of yellow fever in Laos. The government of Laos <i>requires</i> proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission . For more information on recommendations and requirements, see yellow fever recommendations and requirements for Laos . Your doctor can help you decide if this vaccine is right for you based on your travel plans.	

Key



Get vaccinated



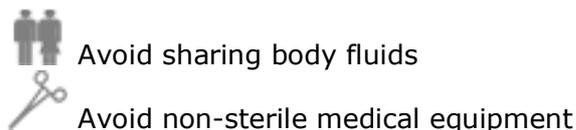
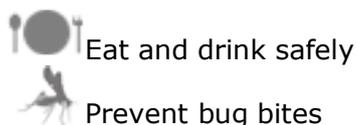
Keep away from animal



Take antimalarial meds



Reduce your exposure to germs



PHILIPPINES

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

	Find Out Why	Protect Yourself
<p>All travelers</p> <p>You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.</p>		
<p>Routine vaccines</p>	<p>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.</p>	
<p>Most travelers</p> <p>Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.</p>		
<p>Hepatitis A</p>	<p>CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in the Philippines, regardless of where you are eating or staying.</p>	
<p>Typhoid</p>	<p>You can get typhoid through contaminated food or water in the Philippines. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.</p>	
<p>Some travelers</p> <p>Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.</p>		
<p>Hepatitis B</p>	<p>You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.</p>	
<p>Japanese Encephalitis</p>	<p>You may need this vaccine if your trip will last more than a month, depending on where you are going in the Philippines and what time of year you are traveling. You should also consider this vaccine if you plan to visit rural areas in the Philippines or will be spending a lot of time outdoors, even for trips shorter than a month. Your</p>	

	Find Out Why	Protect Yourself
	doctor can help you decide if this vaccine is right for you based on your travel plans. See more in-depth information on Japanese encephalitis in the Philippines .	
Malaria	When traveling in the Philippines, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in the Philippines, see malaria in the Philippines .	
Rabies	Rabies can be found in dogs, bats, and other mammals in the Philippines, so CDC recommends this vaccine for the following groups: <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. • People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). • People who are taking long trips or moving to the Philippines • Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. 	
Yellow Fever	There is no risk of yellow fever in the Philippines. The government of the Philippines <i>requires</i> proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission . For more information on recommendations and requirements, see yellow fever recommendations and requirements for the Philippines . Your doctor can help you decide if this vaccine is right for you based on your travel plans.	

Key

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|---|------------------------|---|-------------------------------------|
|  | Get vaccinated |  | Keep away from animal |
|  | Take antimalarial meds |  | Reduce your exposure to germs |
|  | Eat and drink safely |  | Avoid sharing body fluids |
|  | Prevent bug bites |  | Avoid non-sterile medical equipment |

VIETNAM

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

	Find Out Why	Protect Yourself
<p>All travelers</p> <p>You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.</p>		
<p>Routine vaccines</p>	<p>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.</p>	
<p>Most travelers</p> <p>Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.</p>		
<p>Hepatitis A</p>	<p>CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Vietnam, regardless of where you are eating or staying.</p>	
<p>Typhoid</p>	<p>You can get typhoid through contaminated food or water in Vietnam. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.</p>	
<p>Some travelers</p> <p>Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.</p>		
<p>Japanese Encephalitis</p>	<p>You may need this vaccine if your trip will last more than a month, depending on where you are going in Vietnam and what time of year you are traveling. You should also consider this vaccine if you plan to visit rural areas in Vietnam or will be spending a lot of time outdoors, even for trips shorter than a month. Your doctor can help you decide if this vaccine is right for you based on your travel plans. See more in-depth information on Japanese encephalitis in Vietnam.</p>	
<p>Hepatitis B</p>	<p>You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.</p>	
<p>Malaria</p>	<p>When traveling in Vietnam, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such</p>	

	Find Out Why	Protect Yourself
	as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Vietnam, see malaria in Vietnam .	
Rabies	<p>Rabies can be found in dogs, bats, and other mammals in Vietnam, so CDC recommends this vaccine for the following groups:</p> <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. • People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). • People who are taking long trips or moving to Vietnam • Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. 	
Yellow Fever	<p>There is no risk of yellow fever in Vietnam. The government of Vietnam <i>requires</i> proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission.</p> <p>For more information on recommendations and requirements, see yellow fever recommendations and requirements for Vietnam. Your doctor can help you decide if this vaccine is right for you based on your travel plans.</p>	

Key



Get vaccinated



Take antimalarial meds



Eat and drink safely



Prevent bug bites



Keep away from animal



Reduce your exposure to germs



Avoid sharing body fluids



Avoid non-sterile medical equipment

CAMBODIA

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

	Find Out Why	Protect Yourself
<p>All travelers</p> <p>You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.</p>		
Routine vaccines	<p>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.</p>	
<p>Most travelers</p> <p>Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.</p>		
Hepatitis A	<p>CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Cambodia, regardless of where you are eating or staying.</p>	
Typhoid	<p>You can get typhoid through contaminated food or water in Cambodia. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.</p>	
<p>Some travelers</p> <p>Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.</p>		
Hepatitis B	<p>You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.</p>	
Japanese Encephalitis	<p>You may need this vaccine if your trip will last more than a month, depending on where you are going in Cambodia and what time of year you are traveling. You should also consider this vaccine if you plan to visit rural areas in Cambodia or will be spending a lot of time outdoors, even for trips shorter than a month. Your doctor can help you decide if this vaccine is right for you based on your travel plans. See more in-depth information on Japanese encephalitis in Cambodia.</p>	
Malaria	<p>When traveling in Cambodia, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip</p>	

	Find Out Why	Protect Yourself
	to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Cambodia, see malaria in Cambodia .	
Rabies	<p>Rabies can be found in dogs, bats, and other mammals in Cambodia, so CDC recommends this vaccine for the following groups:</p> <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. • People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). • People who are taking long trips or moving to Cambodia • Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. 	
Yellow Fever	<p>There is no risk of yellow fever in Cambodia. The government of Cambodia <i>requires</i> proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission.</p> <p>For more information on recommendations and requirements, see yellow fever recommendations and requirements for Cambodia. Your doctor can help you decide if this vaccine is right for you based on your travel plans.</p>	

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|---|------------------------|---|-------------------------------------|
|  | Get vaccinated |  | Keep away from animal |
|  | Take antimalarial meds |  | Reduce your exposure to germs |
|  | Eat and drink safely |  | Avoid sharing body fluids |
|  | Prevent bug bites |  | Avoid non-sterile medical equipment |