

## 1 Malaria

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There is in principle no risk of malaria.

There is a limited malaria risk in remote areas from June to October, exclusively due to the mild *P. vivax*-form in **Armenia** (in a few villages of the Masis district in the Ararat valley on the western border with Turkey), **Azerbeidjan** (in the rural areas in the region between the Kura- and the Arax rivers), **Georgia** (only in a few villages in the south-east of the country), **Tadjikistan** [southern border areas, (Khatlon region), in some central (Dushanbe), western (Gorno-Badakhshan), and northern areas (Leninabad region)] and **Turkmenistan** (Mary district). There is no risk in the tourist areas.

### PREVENTIVE MEASURES in the risk areas:

Measures for protection against mosquito bites in the evenings and at nights are always essential for protection against malaria if you are staying overnight outside of the big towns.

Persons who visit a malaria area during the daytime and who stay in good hotels in the evenings and overnight run no risk and do not need to take antimalaria tablets, though they should always have a mosquito repellent in their bag in case they are not able to get back to the hotel in time in the evening, for example due to problems such as illness, car breakdown, etc. You should also generously apply the mosquito repellent when on a trip or a safari in the early morning, in the evening or at night.

On trips of the adventure type in the countryside with overnight stays in primitive conditions in the small villages the following additional measures are indispensable:

- Impregnate the mosquito net with permethrine or deltamethrine, a chemical substance that provides an extra mosquito-repellent and mosquitocidal effect.
- Take medications: NIVAQUINE®, 3 tablets per week, all taken in one dose. You start this dosing regimen from 1 week before departure, and continue dosing until 4 weeks after returning home.

## 2 Diarrhoea

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DIARRHOEA is a potential problem when travelling in unhygienic conditions. Some advice and the correct medications from the travel pharmacy are very useful in this case. If possible, consult the TRAVELLER'S DIARRHOEA text, where measures for preventing and if necessary correctly treating diarrhoea are discussed.

### 3 Vaccinations

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- No vaccination whatever is actually required. YELLOW FEVER vaccination is not required for any of these countries if you are departing from Belgium.
- Going on a trip is furthermore an ideal opportunity to get your TETANUS and DIPHTHERIA VACCINATIONS up to date. BOTH DIPHTHERIA and POLIOMYELITIS VACCINATIONS are advisable for a trip to the former USSR. These infectious are in any case totally preventable by means of vaccination. A repeated booster vaccination is effective for ten years.
- VACCINATION against HEPATITIS A is also recommended for persons who are travelling in poor hygienic conditions.

In exceptional cases vaccination against TYPHOID, HEPATITIS B and tick-borne encephalitis is also advised