

VACCINATIONS

CHINA - CAMBODIA - JAPAN - KOREA LAOS - MONGOLIA – VIETNAM

- No specific vaccination is officially required.
- YELLOW FEVER vaccination is NOT required if you are departing from Belgium. If you depart from another country, where yellow fever can occur (Africa, South America), you need to be vaccinated for China, Cambodia, Laos and Vietnam, from 1 year of age and upwards.
- Going on a trip is an ideal opportunity to get up to date with TETANUS-DIPHTHERIA and POLIOMYELITIS VACCINATION. These infectious diseases are totally preventable by means of vaccination. A repeat vaccination needs to be given after ten years.
- Anyone who is travelling to Asia / Oceania, irrespective of the duration and the circumstances of the trip, is advised to be protected against HEPATITIS A. Vaccination against hepatitis A is advised for individuals who (1) are travelling in poor hygienic circumstances, or who (2) stay abroad frequently or (3) for long periods (e.g. for more than 2 - 3 weeks), even if in good hygienic circumstances. In these cases vaccination against TYPHOID FEVER is also advised. In specific circumstances vaccination against HEPATITIS B should also be considered.
- Individuals who hike around for at least 4 weeks on adventure trips through rural areas should consider vaccination against JAPANESE ENCEPHALITIS and RABIES.

NORTH AMERICA - CANADA - EUROPE – FORMER USSR

- No vaccination is officially required. YELLOW FEVER vaccination is not required for any of these countries.
- Going on a trip is an ideal opportunity to get up to date with TETANUS - DIPHTHERIA VACCINATION.
- DIPHTHERIA and POLIOMYELITIS VACCINATION is advised for a trip to the former USSR. These infectious diseases are totally preventable by means of vaccination. A repeat vaccination is needed after ten years.
- VACCINATION against HEPATITIS A is advised for individuals who are travelling in poor hygienic circumstances. In exceptional cases vaccination against TYPHOID FEVER and HEPATITIS B is also advised.

- For some areas and types of travel it is advisable to be vaccinated against Frühsommer meningo-encephalitis (not for North America).

BRUNEI - PHILIPPINES - INDONESIA - MALAYSIA - SINGAPORE - THAILAND - OCEANIA

- No vaccination is officially required.
- YELLOW FEVER vaccination is not required when departing from a non-endemic country (e.g. Belgium). When departing from another country, where yellow fever can occur (Africa, South America), vaccination is required for Thailand, Malaysia, Indonesia, Papua New Guinea, Brunei and Singapore, from the age of 1 year and upwards.
- Going on a trip is an ideal opportunity to get up to date with TETANUS-DIPHTHERIA and POLIOMYELITIS VACCINATION. These infectious diseases are totally preventable by means of vaccination. A repeat vaccination is needed after ten years.
- Anyone who is travelling to Asia / Oceania, irrespective of the duration and the circumstances, is advised to be protected against HEPATITIS A. Vaccination against hepatitis A is advised for individuals who (1) are travelling in poor hygienic circumstances, or who (2) stay abroad frequently or (3) for long periods (e.g. for more than 2 - 3 weeks) even if in good hygienic circumstances. In these cases vaccination against TYPHOID FEVER is also advised.
- In specific circumstances vaccination against HEPATITIS B should also be considered.
- Individuals who are going to hike for at least 4 weeks on adventure trips through rural areas should consider vaccination against JAPANESE ENCEPHALITIS and RABIES.

YELLOW FEVER COUNTRIES

YELLOW FEVER vaccination is required for all countries where yellow fever can occur. This vaccination protects against the disease and should prevent any problems at border crossings or when transiting through another country. Vaccination is necessary for: Angola, Benin, Burkina Faso, Burundi, Central African Republic, Congo-Brazzaville, Congo-Kinshasa, Ethiopia, Gabon, Gambia, Ghana, (Equatorial) Guinea, Guinea (Conakry), Guinea Bissau, Ivory Coast, Cape Verde Islands, Cameroon, Kenya, Liberia, Mali, Mauritania, Niger, Nigeria, Uganda, Rwanda, Sao Tome and Principe, Senegal, Sierra Leone, Sudan, Somalia, Tanzania and Zanzibar, Togo, Chad, Zambia.

A number of countries where no yellow fever occurs, require yellow fever vaccination only if one is travelling from or through one of the above-mentioned countries (thus not if one is travelling from Belgium): Algeria, Djibouti, Egypt, Lesotho, Libya, Madagascar, Malawi, Mauritius, Mozambique, Namibia, Reunion, Seychelles, Saint Helena, Swaziland, Zimbabwe,

South Africa.

INDIA – SRI LANKA – MALDIVES – NEPAL BANGLADESH – BHUTAN – MYANMAR (BURMA)

- No vaccination is officially required.
- YELLOW FEVER vaccination is not required when departing from a non-endemic country (e.g. Belgium). When departing from another country, where yellow fever can occur (Africa, South America), vaccination is required from 1 year of age and upwards (from 6 months of age and upwards for India).
- Going on a trip is an ideal opportunity to get up to date with TETANUS-DIPHTHERIA and POLIOMYELITIS VACCINATION. These infectious diseases are totally preventable by means of vaccination. A repeat vaccination needs to be given after ten years.
- The World Health Organization advises anyone who is travelling to Asia / Oceania, irrespective of the duration and the circumstances of the trip, to be protected against HEPATITIS A. Vaccination against hepatitis A is advised for individuals who (1) are travelling in poor hygienic circumstances, or who (2) stay abroad frequently or (3) for long periods (e.g. for more than 2 - 3 weeks), even if in good hygienic circumstances. In these cases vaccination against TYPHOID FEVER is also advised. For further details see text on "vaccinations".
- In specific circumstances vaccination against HEPATITIS B should also be considered.
- Individuals who are going to hike for at least 4 weeks on adventure trips through rural areas should consider vaccination against JAPANESE ENCEPHALITIS and RABIES.

SOUTH AMERICA

- YELLOW FEVER vaccination is necessary (at least for a visit to certain areas) in Bolivia, Brazil, Colombia, Ecuador, Guyana (French and British), Peru, Surinam and Venezuela (not for Isla Margarita). In principle you are best always vaccinated for a visit to any of these countries. When departing from another country, where yellow fever can occur (Africa, South America), vaccination is officially required, except Chile and Argentina. Travellers to French Guyana are always required to be vaccinated.
- Going on a trip is an ideal opportunity to get up to date with TETANUS-DIPHTHERIA and POLIOMYELITIS VACCINATION. These infectious diseases are nevertheless totally preventable by means of vaccination. A repeat vaccination needs to be given after ten years. No cases of poliomyelitis have been reported from the American Continent for some years but there has been a recent flare-up in Hispaniola.
- Anyone who is travelling to Latin America, irrespective of the duration and the circumstances of the trip, is advised to be protected against HEPATITIS A. Vaccination against hepatitis A is advised for individuals who (1) are travelling in poor hygienic

circumstances, or who (2) stay abroad frequently or (3) for long periods (e.g. for more than 2 - 3 weeks), even if in good hygienic circumstances. In these cases vaccination against TYPHOID FEVER is also advised. For further details see text on VACCINATIONS.

- In specific circumstances vaccination against HEPATITIS B, RABIES and MENINGOCOCCAL MENINGITIS should also be considered. All this should be discussed individually with your own doctor or with the doctor of a travel advice centre.

CENTRAL AMERICA - CARIBBEAN

- YELLOW FEVER vaccination is NOT required if you are departing from Belgium, unless on a visit to the provinces Darién, Chepo and San Blas in Panama. As many other countries regard Panama as a country where yellow fever occurs, it is safer (and we advise this) for any traveller to Panama to be vaccinated against yellow fever. However, if you are departing from another country, where yellow fever can occur (Africa, South America), you need to be vaccinated for Belize, Guatemala, Haiti, Honduras and Nicaragua, from 1 year of age and upwards (from 6 months of age and upwards for El Salvador and Mexico).
- Going on a trip is an ideal opportunity to get up to date with TETANUS-DIPHTHERIA and POLIOMYELITIS VACCINATION. These infectious diseases are totally preventable by means of vaccination. A repeat vaccination needs to be given after ten years. No cases of poliomyelitis have been reported from the American continent for some years although there has been a recent flare-up in Hispaniola.
- Anyone who is travelling to Latin America, irrespective of the duration and the circumstances of the trip, is advised to be protected against HEPATITIS A. Vaccination against hepatitis A is advised for individuals who (1) are travelling in poor hygienic circumstances, or who (2) stay abroad frequently or (3) for long periods (e.g. for more than 2 - 3 weeks), even if in good hygienic circumstances. In these cases vaccination against TYPHOID FEVER is also advised. For further details see text on VACCINATIONS.
- In certain circumstances vaccination against HEPATITIS B and RABIES should also be considered. All this should be discussed individually with your own doctor or with the doctor of a travel advice centre.

MIDDLE EAST

- No vaccination is officially required.
- YELLOW FEVER vaccination is NOT required if you are departing from a non-endemic country (e.g. Belgium). If you are departing from another country, where yellow fever can occur (Africa, South America), you need to be vaccinated for Afghanistan, Iraq,

Jordan, Lebanon, Oman, Saudi Arabia and Syria from 1 year of age and upwards; and for Pakistan from 6 months of age and upwards.

- Going on a trip is furthermore an ideal opportunity to get up to date with TETANUS-DIPHTHERIA and POLIOMYELITIS VACCINATION. These infectious diseases are nevertheless totally preventable by means of vaccination. A repeat vaccination needs to be given after ten years.
- VACCINATION against hepatitis A is furthermore advised for individuals who (1) are travelling in poor hygienic circumstances, or who (2) stay abroad frequently or (3) for long periods (e.g. for more than 3-4 weeks), even if in good hygienic circumstances. In these cases vaccination against TYPHOID FEVER is also advised.
- Pilgrims to Mecca must be vaccinated against MENINGOCOCCAL ACWY MENINGITIS.
- In specific circumstances vaccination against HEPATITIS B and RABIES should also be considered.