



# Travel Medicine Resources

# Google? Any Good?



t?

# Travel Medicine Resources

*Before you assume,  
there's this thing  
called asking.*

http://lyrikz.com

# Getting to the Source

- **Don't** use and trust everything you read on the internet - Wikipedia is not a valid source
- **Don't** assume the first person who answers the question is correct or the travel agent or company has the right information



# Travel Medicine Resources

## *Electronic:*

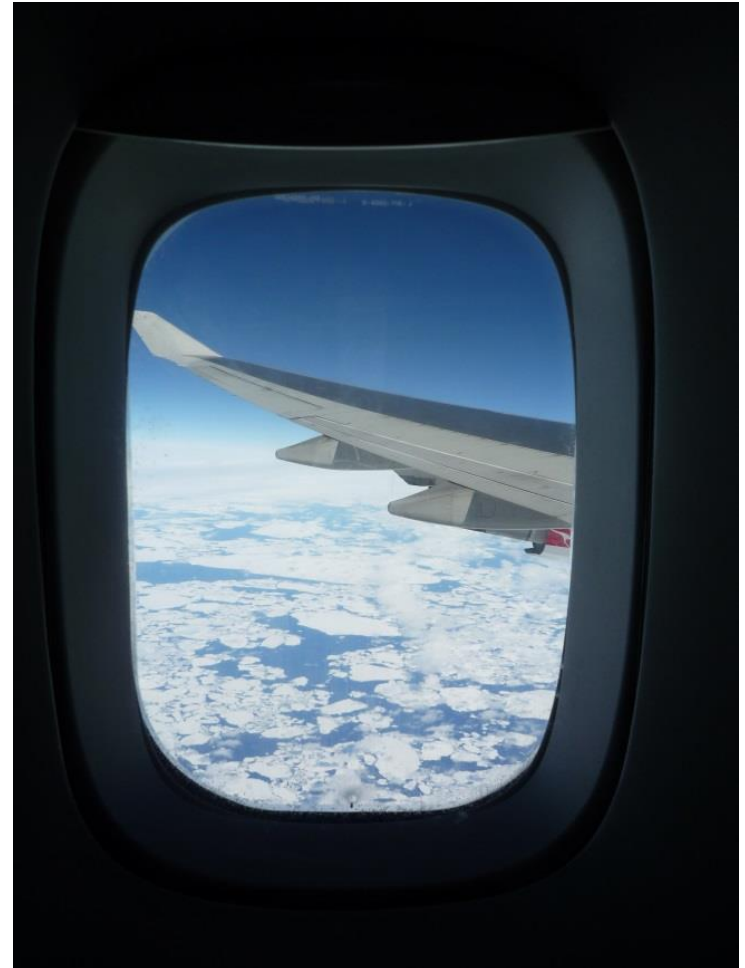
- World Health Organisation
- Centre for Disease Control and Prevention (CDC)
- NaTHNaC, Fit for Travel
- UpTo Date
- BPAC NZ
- NZ MFaT
- Shoreland

## *Publications:*

- Research Reviews
- MIMS Travel Medicine Guide

## *Affiliations:*

- ISTM, NZSTM



Health topics

## Travel and health



International travel can pose various risks to health, depending on the characteristics of both the traveller and the travel. Travellers may encounter sudden and significant changes in altitude, humidity, microbes, and temperature, which can result in ill-health. In addition, serious health risks may arise in areas where accommodation is of poor quality, hygiene and sanitation are inadequate, medical services are not well developed and clean water is unavailable.

### General information

[Prevention of foodborne disease: five keys to safer food](#)

[FAQs on ultraviolet radiation](#)

[↓ Vaccines and travel](#)  
[pdf, 10.54Mb](#)

[Ebola travel advice](#)

### Technical information

[Microcephaly/Zika virus emergency](#)

[Advisory Group on Geographical Yellow Fever risk mapping](#)

[Traveller vaccinations](#)

# World Health Organisation

- Travel Health Homepage - Gateway
  - <http://www.who.int/topics/travel/en/>
- International Travel & Health
  - <http://www.who.int/ith/en/>
- Country list – Yellow Fever and Malaria risk
  - [http://www.who.int/ith/ITH\\_country\\_list.pdf?ua=1](http://www.who.int/ith/ITH_country_list.pdf?ua=1)
- “Annex 1” - Countries with risk of Yellow Fever transmission and countries requiring vaccination
  - [http://www.who.int/ith/ITH\\_Annex\\_1.pdf?ua=1](http://www.who.int/ith/ITH_Annex_1.pdf?ua=1)
- A-Z Disease Topics - Accidents to Zika
  - <http://www.who.int/topics/en/>



# International Travel and Health Country List

## BRAZIL

### Yellow fever (2014)

Country requirement: no

Yellow fever vaccine recommendation: yes

*Recommended* for travellers over 9 months of age going to the states of Acre, Amapá, Amazonas, Distrito Federal (including the capital city of Brasília), Goiás, Maranhão, Mato Grosso, Mato Grosso do Sul, Minas Gerais, Pará, Rondônia, Roraima and Tocantins, and designated areas (Map) of the following states: Bahia, Paraná, Piauí, Rio Grande do Sul, Santa Catarina and São Paulo. Vaccination is also recommended for travellers visiting Iguazu Falls.

*Not recommended* for travellers whose itineraries are limited to areas not listed above, including the cities of Fortaleza, Recife, Rio de Janeiro, Salvador and São Paulo (Map).

**Malaria:** In the states outside the administrative region of the Amazonas, the risk of malaria transmission is negligible or non-existent. Malaria risk – *P. vivax* (86%), *P. falciparum* (13%), mixed infections (1%) – is present in most forested areas below 900 m within the nine states of the Amazon region (Acre, Amapá, Amazonas, Maranhão (western part), Mato Grosso (northern part), Pará (except Belém City), Rondônia, Roraima and Tocantins (western part). Transmission intensity varies from one municipality to another, and is higher in jungle mining areas, in agricultural settlements, in indigenous areas and in some peripheral urban areas of Cruzeiro do Sul, Manaus and Pôrto Velho. Malaria also occurs on the periphery of large cities such as Boa Vista, Macapá, Marabá, Rio Branco and Santarém.

Recommended prevention in risk areas: **C**





## Travelers' Health

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Destinations
Travel Notices
Zika Travel Information +
Find a Clinic +
Disease Directory
Resources +
Yellow Book -
Contents +
Tables
Maps
Figures

[CDC](#) > [Home](#)

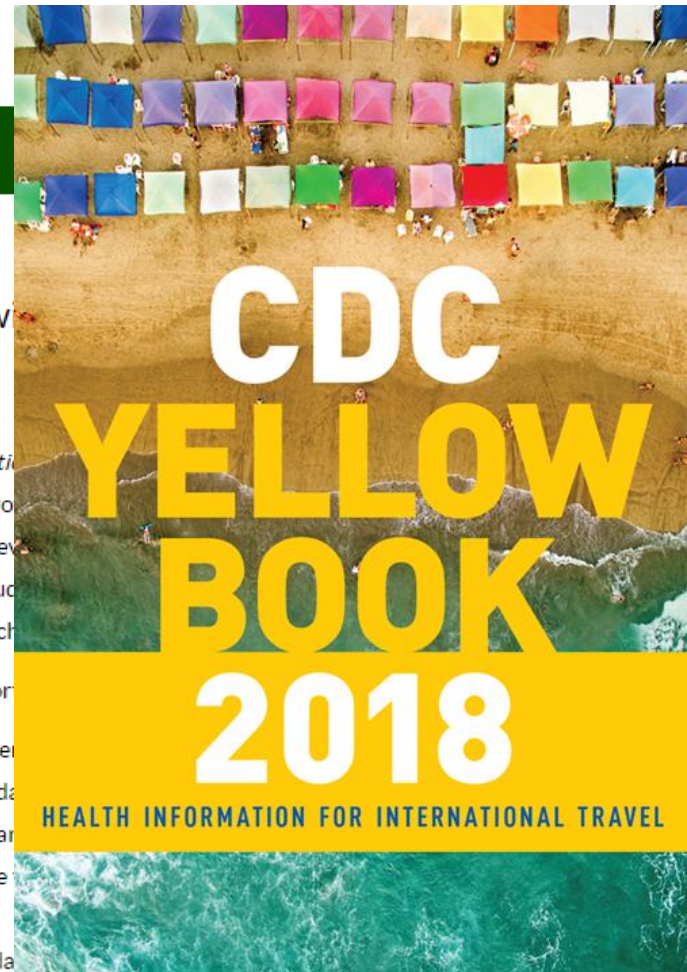
### Explore Travel Health with



*CDC Health Information for International Travel* is the go-to reference for health professionals providing care to travelers. The fully revised 2018 edition includes current travel health guidelines, including easy-to-reference maps, tables, and charts.

The 2018 Yellow Book includes important updates:

- The latest information about emerging infectious diseases
- New cholera vaccine recommendations
- Updated guidance on the use of antimalarials
- Special considerations for unique travel situations abroad
- Destination-specific recommendations



# Centers for Diseases Control and Prevention

- Travel Health Homepage
  - <http://wwwnc.cdc.gov/travel/>
- Health Information for International Travel: *Yellow Book*
  - <https://wwwnc.cdc.gov/travel/page/yellowbook-home>
- Yellow Fever and Malaria Information by Country
  - <https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/brazil#4751>
- Destinations
  - [http://wwwnc.cdc.gov/travel/destinations/list/?s\\_cid=cdc\\_homepage\\_topmenu\\_003](http://wwwnc.cdc.gov/travel/destinations/list/?s_cid=cdc_homepage_topmenu_003)

# CDC Yellow Book Chapter 3: Yellow Fever and Malaria Information



MAP 3-20. **Yellow fever vaccine recommendations in Brazil<sup>1</sup>**

<sup>1</sup> Current as of September 2016. This map, which aligns with recommendations also published by the World Health Organization (WHO), is an updated version of the 2010 map created by the Informal WHO Working Group on the Geographic Risk of Yellow Fever.

# CDC Yellow Book Chapter 3: Brazil

2016

2018





[HOME](#)

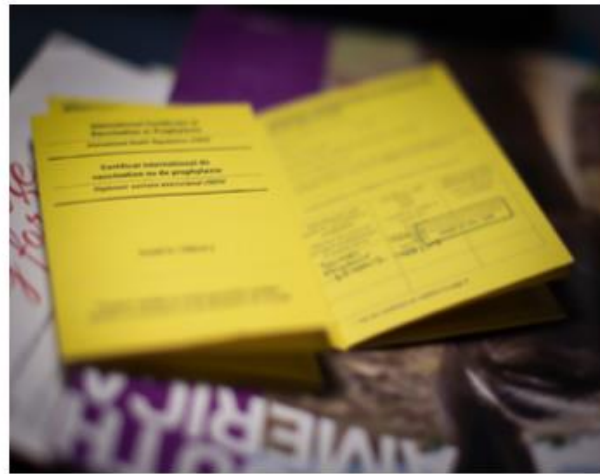
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## OUR SERVICES



# UK Resources

- The National Travel Health and Network Centre
  - <http://nathnac.net>
- Travel Health Pro
  - <https://travelhealthpro.org.uk/>
- Fit for Travel
  - <http://www.fitfortravel.scot.nhs.uk/>



- Featured news
- Latest disease outbreaks

Factsheets 30 Jun 2017

## Hajj and Umra



The Ministry of Health of Saudi Arabia issue their requirements and recommendations for Hajj and Umra annually

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15 Aug 2017

### DO YOU USE THE TRAVELHEALTHPRO

14 Aug 2017

### MALARIA IMPORTED INTO THE UK 2016

### Advice Line for health professionals

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Destinations

Advice

News

Resources



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## News

### ▶ 24 Aug 17 - Yellow Fever in French Guiana

On 21 August 2017, French Guiana confirmed a case of yellow fever for the ...more

### ▶ 23 Aug 17 - Measles Outbreaks in Europe (Update 6)

Measles continues to be transmitted in Europe, with the potential for further ...more

### ▶ 23 Aug 17 - Cholera in Yemen (Update 7)

## Travel Health Advice

▶ [General Travel Health Advice](#)

▶ [Disease Prevention Advice](#)

▶ [Malaria](#)

▶ [Yellow Fever](#)

Current popular advice pages:





Select a destination... ▾

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[Asia \(Central\)](#)

[Asia \(East\)](#)

[Australasia & Pacific](#)

[Caribbean](#)

[Central America](#)

[Europe & Russia](#)

[Middle East](#)

[North America](#)

[South America & Antarctica](#)

## Brazil (South America)

- [➔ Advice for All Destinations](#)
- [➔ Immunisations](#)
- [➔ Malaria](#)
- [➔ Malaria Map](#)
- [➔ Other Health Risks](#)
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### Advice for All Destinations

The risks to health whilst travelling will vary between activities abroad, length of stay and general health

# UpToDate

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TRANSPORTATION ADVICE

TRAVELING WITH MEDICAL CONDITIONS

SPECIAL ACTIVITIES

RETURNING TRAVELERS

WHERE TO GET MORE INFORMATION

REFERENCES

### GRAPHICS

### TABLES

- Travel tips PI

## Patient education: General travel advice (Beyond the Basics)

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### Deputy Editor

Elinor L Baron, MD, DTMH

Find Print

### TRAVEL AND HEALTH OVERVIEW

More individuals are traveling internationally now than ever before. International travel can lead to wonderful new experiences and lasting memories. Unfortunately, travel can also lead to health problems that range in severity from unpleasant to life threatening.

Travel-related health problems arise from a variety of factors, including exposure to infectious organisms, the use of certain types of transportation, and participation in certain activities, such as diving and high-altitude hiking during travel. Travel-related health problems can also arise when a preexisting medical condition worsens during travel.

Fortunately, most travel-related health problems can be prevented with a combination of pretravel planning, immunizations, and safety precautions during travel. If you are planning travel outside of your home country, consult your healthcare provider at least one month prior to traveling. The provider can give immunizations, travel medications, and tips for staying healthy during the trip or may recommend a specialized travel medicine provider for some or all of these immunizations, medications, and advice.

A general overview of advice related to travel and health will be reviewed here. Immunizations for travel are discussed separately. (See "[Patient education: Vaccines for travel \(The Basics\)](#)".)

### PRETRAVEL EVALUATION

### Consult the medical resource doctors trust

UpToDate is one of the most respected medical information resources in the world, used by more than 600,000 doctors and thousands of patients to find answers to medical questions.

- ✓ Content written by a faculty of over 5,700 physicians from leading medical institutions
- ✓ Unbiased: free of advertising or pharmaceutical funding
- ✓ Evidence-based treatment recommendations
- ✓ Continuously updated to incorporate new medical findings

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[▶ Clinicians learn more](#)

[http://www.uptodate.com/contents/travel-advice?source=search\\_result&search=travel&selectedTitle=1~150](http://www.uptodate.com/contents/travel-advice?source=search_result&search=travel&selectedTitle=1~150)

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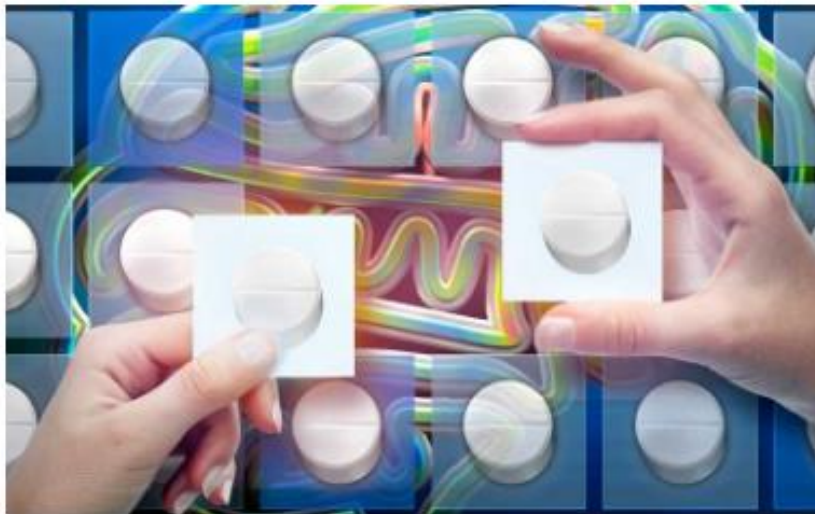
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[Clinic Operations Guides](#)

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[Who We Are](#)

[Advisors & Collaborating Partners](#)



## Helping patients with epilepsy adhere to their medicines

People with epilepsy require good adherence to anti-epileptic medicines for optimal seizure control. However, maintaining good adherence long-term can be difficult.

[View article](#)

*September 2017*



# SafeTravel - MFaT



## SAFETRAVEL

Official advice for New Zealanders  
living and travelling overseas



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Family issues ▾

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Need Travel Advice?

News features

Travel advisory updates

## Travel Advisory Updates

-  Japan Reviewed: 29 August 2017
-  Syria Reviewed: 25 August 2017
-  China Reviewed: 25 August 2017
-  Sao Tome and Principe Reviewed: 25 August 2017

-  Seychelles Reviewed: 25 August 2017
-  Namibia Reviewed: 25 August 2017
-  Swaziland Reviewed: 25 August 2017
-  Mayotte Reviewed: 25 August 2017

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<https://www.safetravel.govt.nz/health-and-travel>

# Travel Medicine Research Review™

RESEARCH  
REVIEW

10  
YEARS

MAKING EDUCATION EASY  
SINCE 2006

Making Education Easy

Issue 30 – 2016

## In this issue:

- > *Yellow fever: from Angola to Asia*
- > *Amendment to yellow-fever vaccination regulations*
- > *Zika virus does cause birth defects*
- > *Risk determinants of AMS during 6-day ascent of Mt. Kilimanjaro*
- > *Progress toward global eradication of polio*
- > *Viral pathogens in malaria-free ill travellers from*

## Welcome to the thirtieth issue of Travel Medicine Research Review.

Travel medicine is making the headlines in the media currently as the number and scope of outbreaks appear to be ever increasing. One that does not seem to be publicised is that dengue cases are up in Cambodia, Vietnam, the Philippines and Sri Lanka currently. In NZ we have seen an increase in dengue cases so far this year reflecting this. It is exciting that the first dengue vaccine is being used among school children in the Philippines.

I hope you are finding Travel Medicine Research Review helpful in your everyday practice. I am always interested to hear your thoughts and suggestions, so feel free to contact me via the email address below.

Kind regards

**Dr Joan Ingram**

[joaningram@researchreview.co.nz](mailto:joaningram@researchreview.co.nz)

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## Another pandemic disaster looms: yellow fever spreading from Angola

**Author:** Woodall JP

**Summary:** This editorial discusses the growing risk of a yellow-fever virus infection pandemic following the recent outbreak in Angola. The author advises that all suspected cases should be reported. He also discussed vaccine availability, detailing the difficulties faced by the vaccine's manufacturers to keep up with demand, but he also makes reference to recent research suggesting that an adult can be fully protected by one-fifth of the dose of current vaccines, which are manufactured over-strength. He cautions that all regions in urban Africa where *Aedes* mosquitoes (the virus's primary vector) are found are under threat. Mosquito control is also discussed, as is the potential threat

# Research Review

## EDUCATIONAL SERIES™



### Hepatitis B Vaccination for Travellers

#### About the Expert



**Dr Jenny Visser**

*BSc, MBChB, FRNZCGP,  
MTravMed.*

Jenny is Senior Lecturer in Travel Medicine in the Department of Primary Health Care and General Practice, University of Otago, Wellington. She convenes and teaches the University's postgraduate qualifications in Travel Medicine enjoying the stimulation that teaching brings. She also works part time in clinical travel medicine at The Travel Doctor in Wellington. Jenny's background is in general practice having then specialised in travel medicine. She has worked in many roles and places, including being a full time general practitioner in Wellington for 12 years.

More people are travelling overseas than ever before, whether it be for social, recreational, or business purposes. International travellers are exposed to a variety of health risks, including vaccine-preventable diseases. The purpose of this review is to present evidence-based information and guidance on hepatitis B vaccination for travellers. The review is primarily intended for healthcare professionals who provide pre-travel health advice, including GPs, travel doctors, practice nurses, pharmacists, and those specialising in travel medicine. It may also be of interest to infectious disease physicians.

#### Hepatitis B

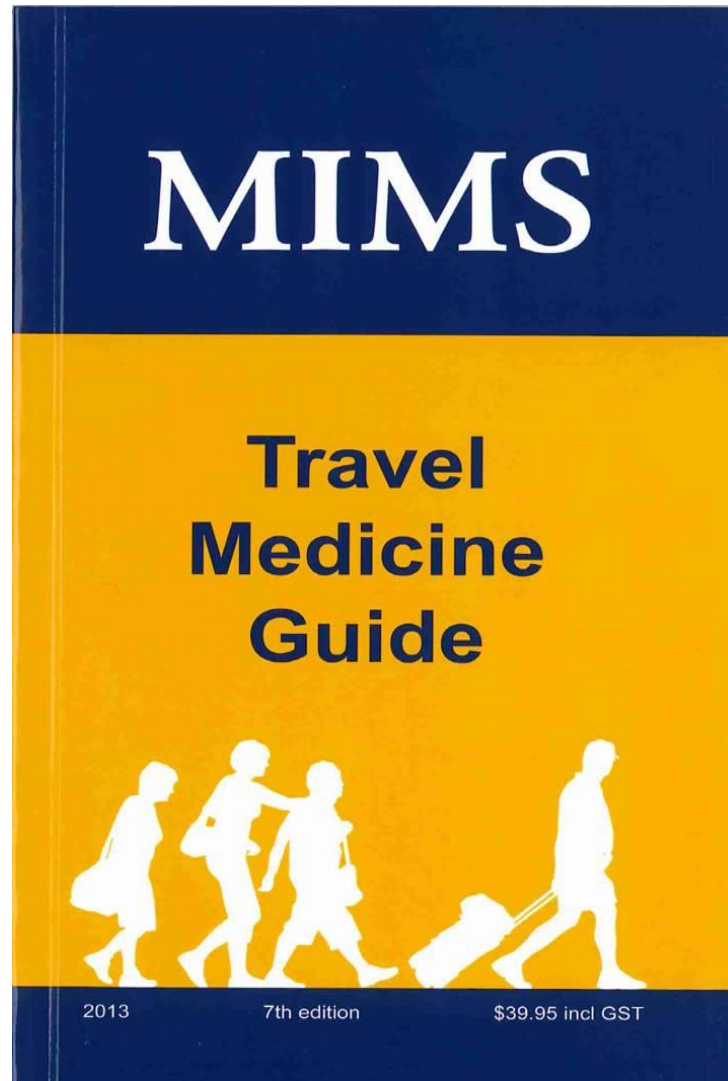
Hepatitis B, which is a liver infection caused by the hepatitis B virus (HBV), continues to be considered a major health problem worldwide.

In some individuals, hepatitis B manifests as an acute illness but in others it results in chronic infection that carries a high risk of death from cirrhosis and liver cancer.<sup>1,2</sup> An estimated 248 million people have chronic HBV infection globally.<sup>3</sup> The Global Burden of Disease study determined that there were 636,400 deaths due to liver carcinoma and cirrhosis and other chronic liver diseases caused by HBV infection in 2015.<sup>4</sup>

Hepatitis B is transmitted via contact with blood, semen, or another body fluid from a person infected with the HBV.<sup>1,2</sup> It cannot be cured and vaccination is the best way to prevent infection.<sup>1,2</sup> The vaccine is 90–95% effective in preventing HBV infection and the development of chronic disease and liver cancer due to hepatitis B.<sup>5,6</sup>

New Zealand (NZ) was one of the first countries to introduce universal infant immunisation against hepatitis B in 1988 (after first introducing it for HBV infected-mothers in 1985).<sup>7</sup> Introduction into the programme was

# MIMS Travel Medicine Guide





# Join the Club

- International Society of Travel Medicine – subscription fee (travel medicine journal included in subscription. The site has alerts and some general information about Travel Medicine topics, accessing clinics, list serve
- New Zealand Society of Travel Medicine - free membership, members have access to travel medicine resources. Hold annual conferences

# Pharmac Seminar Series

## Seminars

About the seminars

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continuing medical education

Allergy and eczema

Advanced travel medicine

Polypharmacy and deprescribing

Mental health

Diabetes

Paediatrics and immunisation  
update

Palliative care

▸ **Travel medicine (basic)**

## Travel medicine (basic)

Medical preparation for travel, the pre-travel consultation, a challenging topics in travel medicine, including vaccines for

### Presentations

1. Learning objectives – Dr Jenny Visser
2. Travel medicine resources – Briar Campbell
3. The pre-travel consultation – Dr Jenny Visser
4. Injuries, accidents and safety – Dr Jenny Visser
5. Vaccine-preventable diseases and travel – Briar Campbell

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Polypharmacy and deprescribing

Mental health

Diabetes

## Advanced travel medicine

### Presentations

1. Vaccinations for travel: Overview  
Routine vaccinations and travel: catch up programmes and access  
Visser & Briar Campbell
2. Vaccines required for travel – Dr Jenny Visser & Briar Campbell
3. Vaccines recommended for travel – Dr Jenny Visser

# Personally.....





# Want to learn more?

- Postgraduate qualifications in Travel Medicine University of Otago, Wellington
  - Jenny.Visser@otago.ac.nz
  - <http://www.otago.ac.nz/wellingtonprimarycare.distance@otago.ac.nz>
- Join New Zealand Society of Travel Medicine (NZSTM)
  - Annual conference
  - August 4<sup>th</sup> – 5<sup>th</sup> 2018, Queenstown
  - [www.nztravelmedicine.co.nz](http://www.nztravelmedicine.co.nz)



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