RABBITS VACCINE

Animals may be cute, but interacting with them while traveling can be a serious health risk for rabies. Rabies is transmitted from the saliva of an infected animal. Dogs are responsible for most rabies deaths in the world, although any mammal can have rabies. Bats, monkeys, rodents, cats and other animals can cause rabies as well as other infectious diseases.

Rabies is almost always fatal if not treated promptly with rabies shots. Appropriate rabies vaccines may be difficult for travelers to obtain abroad.

Never try to pet, handle, or feed unfamiliar animals, even pets.

Before Travel

Consider getting pre-immunized for rabies. By getting vaccinated before travel, not only are you well prepared but you reduce the chance of receiving the incorrect post-bite care.

Rabies Pre-Exposure Vaccination Series

- Three doses of intramuscular rabies vaccine before travel, day 0, day 7 and day 21-28.
- In case of possible rabies exposure, two more boosters are needed on days 0 and 3.
- Human rabies immune globulin (HRIG) is not needed, and often not available abroad.
- If the entire three dose series is not completed before travel, you are not considered fully immunized and should follow guidelines for post-exposure vaccination if bitten.

POST-EXPOSURE GUIDELINES

1. Immunoglobulin
   HRIG (Human Rabies Immunoglobulin) injected at site of bite as much as feasible, and the rest into the deltoid muscle (shoulder). THIS IS PREFERRED.
   OR
   ERIG: Equine rabies immune globulin purified ERIG has been used abroad, but unpurified ERIG is not recommended, due to more side effects
   AND

2. Vaccine
   Four doses of rabies vaccine in the deltoid muscle: Day 0, 3, 7, 14
   WHO recognizes other schedules and methods of administration (such as intradermal), as there is relative shortage of vaccine needed in low resource countries; however, CDC guidelines for post-exposure prophylaxis are preferred for travelers.
   Vaccine failures have occurred in those who did not have their wound cleansed with soap and water, did not receive their rabies vaccine injections in the deltoid area (vaccine was administered in gluteal area), or did not receive RIG around the wound site.

GET THE RIGHT VACCINE

Record the names of the products used
Ask for the box or take a photo

Modern Cell Culture Vaccines:
HDV: Human diploid cell vaccine
Imovax® by Novartis in US
Rabivac®
PCE: Purified chick embryo cell vaccine
RabAvert® by Sanofi Pasteur in US
Rabipur®
PRV: Purified vero cell rabies vaccine
Verorab®
Imovax-Rabies vero®
TRC Verorab®

Avoid nerve tissue vaccines (NTV), available in some low resource countries.

Any other products are not recommended; travelers should travel to where acceptable modern cell culture vaccine and HRIG are available.

During and after travel

<table>
<thead>
<tr>
<th>WHAT TO DO IF YOU GET BIT</th>
<th>POST-EXPOSURE GUIDELINES</th>
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</thead>
<tbody>
<tr>
<td>If you get bitten or scratched by an animal while travelling abroad:</td>
<td>Immunoglobulin</td>
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<tr>
<td>Wash wound copiously with soap and water for a minimum of 15 minutes</td>
<td>HRIG (Human Rabies Immunoglobulin) injected at site of bite as much as feasible, and the rest into the deltoid muscle (shoulder). THIS IS PREFERRED.</td>
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<tr>
<td>Apply Betadine®</td>
<td>OR</td>
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<tr>
<td>Even if pre-immunized you must still find modern rabies vaccine. In case of rabies exposure, then two boosters are needed on days 0 and 3</td>
<td>ERIG: Equine rabies immune globulin purified ERIG has been used abroad, but unpurified ERIG is not recommended, due to more side effects</td>
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<tr>
<td>If not pre-immunized, try to find out if HRIG is available. If HRIG not available, travel to the nearest place where it is available; begin vaccine series as soon as possible; RIG can be given up to seven days after the start of the rabies vaccine series</td>
<td>AND</td>
</tr>
<tr>
<td>Travel medical insurance and medical evacuation insurance are critical under these conditions; make sure you are insured BEFORE you travel</td>
<td>Vaccine</td>
</tr>
<tr>
<td>Contact your medical provider when you return home</td>
<td>Four doses of rabies vaccine in the deltoid muscle: Day 0, 3, 7, 14</td>
</tr>
</tbody>
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Animal Risks and Travel

Dogs are the main host and transmitter of rabies in the world, although any mammal can potentially transmit rabies. Dogs cause estimated 50,000 deaths from rabies in Africa and Asia. Rabies is almost always fatal if not treated promptly with rabies shots. Appropriate rabies vaccines may be difficult for travelers to obtain abroad. Never try to pet, handle, or feed unfamiliar dogs or other animals, even pets.

Monkeys can spread rabies, as well as herpes B virus, tuberculosis, Ebola and similar viruses. Never try to touch or feed monkeys, which can roam wild in some temples in South and Southeast Asia. Leave all food in the car or hotel, as monkeys can be aggressive if they smell food in your pockets or bags. Seek medical care to consider antiviral treatment for herpes B (acyclovir or valacyclovir), in addition to obtaining rabies vaccine, if exposed to a monkey bite.

Bats often have rabies, and they don’t just live in caves—they could find their way into your place of lodging. If you find a bat in your room after you wake up, you should seek medical care immediately. Stay away from caves or mines where there are lots of bats. Rabies vaccine may be recommended for people who will be exploring caves. Casual exposure to cave air is not a concern, but bats and other wildlife should not be handled. Bats can spread other diseases such as histoplasmosis and Marburg fever.

Rodents (such as rats and mice) can spread many diseases through bites and scratches, urine, feces, or fleas. These diseases include plague, leptospirosis, hantavirus disease, and rickettsial disease. Avoid places that look like they may be infested with rodents. Do not touch anything that may be contaminated with rodent urine or feces.

Bird exposure can be responsible for avian flu, which is a respiratory disease that usually infects birds, not people. People rarely get birdflu, but when they do, it usually happens after contact with infected birds (such as chickens, turkeys, geese, pigeons, and pheasants). While you are traveling, you should avoid contact with poultry and all birds. Do not touch birds/animals whether they are alive or dead. Avoid live bird or poultry markets. Avoid other markets or farms with animals (wet markets), at meat and poultry that is fully cooked (not pink) and served hot. Eat hard-cooked eggs (not runny). Don’t eat or drink dishes that include blood from any animal. Don’t eat food from street vendors.

Animals at farms and markets: if you are visiting farms, markets, barns, or other places where animals are present, practice general hygiene measures, including regular hand washing before and after touching animals, and avoid contact with sick animals. Avoid contact with camels and camel products, as they may be involved in the transmission of MERS CO-V.