Travel Recommendations

OCEANIA AND THE PACIFIC ISLANDS

American Samoa  Christmas Island
Cocos (Keeling) Islands  Cook Islands  Fiji
French Polynesia  Guam  Kiribati
Marshall Islands  Federated States of Micronesia  New Caledonia  Niue  Norfolk Island  Northern Mariana Islands  Palau
Papua New Guinea  Pitcairn Islands  Samoa  Solomon Islands  Tokelau  Tonga  Tuvalu  Vanuatu  Wake Island

For information regarding Australia and New Zealand: see Western Europe, Australia and New Zealand

Recommended Travel Vaccines

☐ Hepatitis A
☐ Typhoid
☐ Rabies: Consider for high risk travel or long term/frequent travel to low/medium resource countries.
☐ Japanese Encephalitis:
  • only if in rural farming areas for more than 3 weeks in Papua New Guinea, the Torres Strait and far northern Australia
  • generally low risk for short term tourist travel and in urban areas
  • higher risk if spending substantial time outdoors in rural or agricultural areas
  • higher risk if staying in accommodations with out air conditioning, screens, or bed nets

Medications:

Traveler’s Diarrhea:
☐ Ciprofloxacin: One 500 mg tablet twice daily for 1-3 days.

Malaria Prophylaxis:
☐ Malarone: One tablet once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for seven days after leaving at risk area.
☐ Doxycycline: One 100mg once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 28 days after leaving at risk area.

Routine Vaccines:
☐ Influenza vaccine
☐ Tetanus booster: Tdap or Td
☐ Hepatitis B vaccine
☐ TB Test: if length of stay is 6 weeks or longer; test should be done 12 weeks after return. Consider two step PPD before travel if in high risk environment, such as hospitals.

Non-Vaccine Preventable Diseases:

Avoid Bug Bites to Protect against:

Dengue
• Risk in urban and residential areas.
• Leading cause of febrile illness among travelers returning from Caribbean, South America, and South and Southeast Asia

See General Travel Advice for more information on personal safety and security, food and water precautions, malaria and how to avoid bug bites.

For the Most Up To Date Information:
Centers for Disease Control Travelers’ Health: http://wwwnc.cdc.gov/travel/
State Department (Travel Alerts and Warnings): http://travel.state.gov/
Travel Registration with Embassies: https://step.state.gov/step/
State Department Smart Travel for Students Abroad: http://studentsabroad.state.gov/

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