Travel Recommendations

China  Hong Kong SAR (China)  Japan  Macau SAR (China)  Mongolia

North Korea  South Korea  Taiwan

Medications:

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

MALARIA RISK

China: Present year round in rural parts of Anhui, Guizhou, Hainan, Henan, Hubei, and Yunnan Provinces. Rare cases occur in other rural parts of the country <1,500 m (4,921 ft) May–December. None in urban areas. Some major river cruises (mosquito avoidance only) may go through malaria-endemic areas in Anhui and Hubei Provinces.
Hong Kong: No risk
Japan: No risk
Macau: No risk
Mongolia: No risk
North Korea: Present in southern provinces.
South Korea: Limited to the months of March–December in rural areas in the northern parts of Incheon, Kangwon-do, and Kyônggi-do Provinces, including the demilitarized zone (DMZ).

For parts of Hainan and Yunnan provinces in China at risk for malaria:
☐ 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 7 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.

Recommended Travel Vaccines
☐ Hepatitis A
☐ Typhoid: except for Japan and Taiwan
☐ Polio vaccine: one time adult booster for Xinjiang Province in China
☐ Rabies: consider for high risk travel or long term/frequent travel to low/medium resource countries.
☐ Japanese encephalitis vaccine: only if in rural farming areas for more than 3 weeks in China, Japan, North Korea, South Korea and Taiwan
  • 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 without air conditioning, screens, or bednets
  • High risk season: April through October

For some provinces in China (Anhui, Guizhou, Henan, and Hubei provinces), and parts of North and South Korea at risk for malaria:
☐ Chloroquine: One 500mg tablet once a week; start one week before travel to region with malaria, take every week while at risk, and for four weeks after leaving at risk area.
Non-Vaccine Preventable Diseases:

**ALTITUDE ILLNESS**

The symptoms of altitude illness can range from benign to severe, but are preventable with gradual acclimatization. Altitude illness can markedly impair a traveler and prevent enjoyment of the destination. It is more of a risk for travelers who fly or drive directly to higher altitudes, since gradual acclimatization cannot occur. Acetazolamide prophylaxis is recommended for travelers flying into Lhasa, Tibet (3700m, 12,100ft).

- **Acetazolamide (125 mg twice daily):** start 24 hours before ascent and continue daily for two or more days. May cause increased urination and numbness in extremities.
- **Caution with sulfa allergy.**

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
- Avoid bug bites

**Chikungunya**
- Mosquitoes carrying disease bite during the day and night, both indoors and outdoors, and often live around buildings.
- Avoid bug bites

**Tickborne Encephalitis**
- Spread by tick bites, occasionally by unpasteurized dairy products
- Most cases occur:
  - in forested areas with <2,500 ft (750 m) elevation
  - from April through November; peaks in early and late summer
- Higher risk: outdoor activities (such as camping, hiking, fishing, bicycling) and outdoor occupations (such as forestry, military training)
- To reduce risk, avoid bug bites and unpasteurized dairy products

**Avian Flu**
- Do not touch birds, pigs, or other animals, whether they are alive or dead. Avoid live bird or poultry markets.
- Eat meat and poultry that is fully cooked (not pink) and served hot. Eat hard-cooked eggs (not runny). Don’t eat food from street vendors.
- Wash your hands regularly

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:**
- State Department (Travel Alerts and Warnings): [http://travel.state.gov/](http://travel.state.gov/)
- Travel Registration with Embassies: [https://step.state.gov/step/](https://step.state.gov/step/)
- State Department Smart Travel for Students Abroad: [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/)

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