Travel Recommendations

Brunei  
Burma (Myanmar)  
Cambodia  
Indonesia  
Laos  
Malaysia  
Philippines  
Singapore  
Thailand  
Timor-Leste (East Timor)  
Vietnam

Medications:

Traveler’s Diarrhea:
- Azithromycin: Two 250 mg tablet once 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 7 days after leaving at risk area.
- Doxyccline: 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.

Recommended Travel Vaccines
- Hepatitis A
- Typhoid
- 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 all parts of Southeast Asia except for Singapore.
  - Generally low risk for short term tourist travel and in urban areas
  - Higher risk if spending substantial time out doors in rural or agricultural areas
  - Higher risk if staying in accommodations without air conditioning, screens, or bed nets
  - High risk season: April through October

Malaria Risk

Timor-Leste: All areas at risk

Vietnam: Rural areas only, except none in the Red River Delta. Rare cases in the Mekong Delta (mosquito avoidance only). None in Da Nang, Haiphong, Hanoi, Ho Chi Minh City (Saigon), Nha Trang, and Qui Nhon.

Malaria Risk

Brunei: No risk

Burma (Myanmar): Present at altitudes <1,000 m (3,281 ft). None in the cities of Mandalay and Rangoon (Yangon).

Cambodia: Present throughout the country, including Siem Reap city. Rare cases in Phnom Penh (mosquito avoidance only). None at the temple complex at Angkor Wat and around Lake Tonle Sap.

Indonesia: Rural areas of Kalimantan (Borneo), Nusa Tenggara Barat (includes the island of Lombok), Sulawesi, and Sumatra. All areas of eastern Indonesia (provinces of Maluku, Maluku Utara, Nusa Tenggara Timur, Papua, and Papua Barat). None in cities of Jakarta, Ubud, or resort areas of Bali and Java. Low transmission in rural areas of Java including Ujung Kulon, Sukalumi, and Pangandaran.

Laos: All, except none in the city of Vientiane.

Malaysia: Present in rural areas of Malaysian Borneo (Sabah and Sarawak Provinces) and to a lesser extent in rural areas of Peninsular Malaysia.

Philippines: Present in rural areas <600 m (1,969 ft) on the islands of Basilu, Luzon, Mindanao, Mindoro, Pala- wan, Sulu (Jolo), and Tawi-Tawi. None in urban areas.

Singapore: No risk

Routine Vaccines:
☐ Influenza vaccine
☐ Tetanus booster: Tdap orTd
☐ 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
• 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

Avoid Animals and Birds to Protect against:

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 frequently.

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/