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 sheet

Recommended Travel Vaccines

Non-Vaccine Preventable Diseases:

Avoid Bug Bites Day and Night to Protect against:

Dengue
• Risk in urban and residential areas.

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/

Medications:

TRAVELERS’ DIARRHEA

☐ Ciprofloxacin: One 500 mg tablet twice daily for severe symptoms; stop when symptoms resolved  
☐ Imodium OTC: One to two tabs as needed for mild-moderate symptom

MALARIA RISK: see CDC

☐ Insect Precautions only  
☐ 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.

Recommended Routine Vaccines:

REC UTD (up to date)

☐ ☐ Influenza vaccine  
☐ ☐ Tetanus: Tdap/Td (Last dose: ______)  
☐ ☐ Hepatitis B vaccine  
☐ ☐ TB Testing: for health care workers

Recommended Travel Vaccines

REC UTD (up to date)

☐ ☐ Hepatitis A  
☐ ☐ Typhoid  
☐ ☐ Rabies  
☐ ☐ Japanese Encephalitis

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