Travel Recommendations

EAST ASIA

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

North Korea  South Korea  Taiwan

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

☐ Insect precautions only
☐ 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.
☐ 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.

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

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 Day and Night to Protect against:

Dengue
Chikungunya

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:
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/