Health Checklist for Travel in East Asia & Southeast Asia 2010

Countries in East Asia: China, Hong Kong SAR (China), Japan, Macau SAR (China), Mongolia, North Korea, South Korea, Taiwan

Countries in Southeast Asia: Brunei, Burma (Myanmar), Cambodia, Indonesia, Laos, Malaysia, Philippines, Singapore, Thailand, Timor-Leste (East Timor), Vietnam

Recommended Prescriptions:

- **Ciprofloxacin** 500mg taken every 12 hours for diarrhea until symptoms resolved for East Asia
- **Azithromycin** 500mg #2 on first day, then one tab daily if needed for diarrhea in Southeast Asia (Cipro resistance prevalent)
- **Acetazolamide** (500mg daily or 250mg twice daily) for 3 days if going to mountains >9,000 feet (2700 meters) elevation
- Antimalarial drugs specific for area at risk described below:

In East Asia and Southeast Asia areas at risk for malaria are:

**East Asia:**

- **China:** Rural parts of Anhui, Yunnan, Hainan provinces. Rare cases occur in other rural parts of the country <1,500 m (<4,921 ft) during May–December. None in major river cruises and urban areas. **Hong Kong S.A.R. (China):** No risk. **Macau S.A.R. (China):** No risk. **North Korea:** Present in southern provinces. **South Korea:** Limited to rural areas in the northern parts of Kyonggi and Kangwon provinces including the demilitarized zone (DMZ). **Japan,** **Mongolia,** and **Taiwan:** No risk.

**Southeast Asia:**

- **Brunei:** No risk. **Myanmar (Burma):** Risk in rural areas throughout the country at altitudes below 1000 m (<3,281 ft). No risk in cities of Rangoon (Yangon) and Mandalay (see below). **Cambodia:** Risk throughout the country, including risk in the temple complex at Angkor Wat (Siem Reap). No risk in Phnom Penh and around Lake Tonle Sap. **Indonesia:** Present in rural Sumatra, Sulawesi, Kalimantan (Borneo) and Nusa Tenggara Barat (includes island of Lombok). All areas of eastern Indonesia (provinces of Papua Indonesia, Irian Jaya Barat, Nusa Tenggara Timur, Maluku, and Maluku Utara). None in Jakarta, resort areas of Bali and the island of Java, except for the Menoreh Hills in central Java. None in urban areas in Sumatra, Kalimantan, Nusa Tenggara Barat and Sulawesi. **Laos:** All, except no risk in city of Vientiane.
- **Malaysia:** Present in rural areas of Malaysian Borneo, and to a lesser extent in rural areas of peninsular Malaysia.
- **Philippines:** Present in rural areas <600 m (<1,969 ft) on islands of Luzon, Palawan, and Mindanao. None in urban areas.
- **Singapore:** No risk. **Thailand:** Rural, forested areas that border Cambodia, Laos, and Myanmar (Burma). Rare local cases in Phang Nga and Phuket. None in cities and in major tourist resorts. None in cities of Bangkok, Chiang Mai, Chiang Rai, Pattaya, Koh Samui, and Koh Phangan. **Timor-Leste (East Timor):** All areas. **Vietnam:** Rural, forested areas, except none in the Red River delta and the coast north of Nha Trang. None in Can Tho, Da Nang, Haiphong, Hanoi, Ho Chi Minh City (Saigon), Hue, Nha Trang, and Qui Nhon.
East Asia Antimalarial drug recommendations for malaria-risk areas:

**China:** Along China-Burma border in the western part of Yunnan province: *Malarone* or *doxycycline.*
Hainan and the other parts of Yunnan province: *Malarone, doxycycline* or *mefloquine.*
Anhui province: *Chloroquine, malarone, doxycycline* or *mefloquine.*

**North Korea and South Korea:** *Chloroquine* is the recommended antimalarial drug for malaria-risk areas in these countries.

**Southeast Asia Antimalarial drug recommendations for malaria-risk areas:***

**Myanmar (Burma):** In the provinces of Bago, Klayah, Kachin, Kayin, Shan, and Tanintharyi: *Malarone* or *doxycycline*
All other areas: *Malarone, doxycycline,* or *mefloquine.*

**Cambodia:** In the provinces of Preah Vihear, Siemreap, Oddar Meanchey, Banteay Meanchey, Battambang, Pailin, Kompot, Koh Kong, and Pursat bordering Thailand: *Malarone* or *doxycycline*
All other areas: *Malarone, doxycycline,* or *mefloquine.*

**Laos:** Along the Laos-Burma border in the provinces of Bokèo and Louang Namtha and along the Laos-Thailand border in the province of Saravane and Champassack: *Malarone* or *doxycycline*
All other areas: *Malarone, doxycycline,* or *mefloquine.*

**Thailand:** Phang Nga and Phuket: Mosquito avoidance only. All other areas: *Malarone* or *doxycycline.*

**Vietnam:** Southern part of the country in the provinces of Dac Lac, Gia Lai, Khanh Hoa, Kon Tum, Lam Dong, Ninh Thuan, Song Be, Tay Ninh: *Malarone* or *doxycycline.*
All other areas: *Malarone, doxycycline,* or *mefloquine.*

**East Timor, Indonesia, Malaysia, and Philippines:** Travelers to malaria-risk areas should take malarone, doxycycline, or mefloquine.

**Mefloquine not recommended due to significant side effects including difficulty sleeping, anxiety, vivid dreams, and rarely seizures, depression, and psychosis.**

**Recommended Vaccines:**

- Hepatitis A vaccine (except for Japan)
- Typhoid vaccine (except for Japan)
- Influenza vaccine
- Polio vaccine one time adult booster for Myanmar and for the Xinjiang Uyghur Autonomous Region of China
- Hepatitis B vaccine if possibility of exposure to blood/body fluids or sexual contact with locals
- Japanese encephalitis vaccine (only if in rural farming areas for >3 weeks during season: April or May to September or October)
- Rabies vaccine (only if around or working with wild animals/bats)
- Tetanus booster (Tdap) as needed
- TB skin test (PPD) if staying 6 weeks or longer, to be done 12 weeks after returning from trip.
Other Diseases in Region:
(Read more about these on the CDC website: http://wwwnc.cdc.gov/travel/)

Dengue, filariasis, Japanese encephalitis, leishmaniasis, and plague are diseases carried by insects that also occur in East Asia. Tickborne encephalitis occurs in forested regions in northeastern China and in South Korea. Chikungunya fever activity is ongoing in Indonesia, Malaysia, Philippines, Thailand, Vietnam, North Korea, South Korea, and Taiwan. Protecting yourself against insect bites will help to prevent these diseases.

Respiratory infections (origins often undefined) are common in travelers to East Asia. Seasonal influenza may occur during all months of the year. Seasonal flu vaccine is recommended. Avian influenza continues to cause outbreaks in domestic and wild bird populations and has caused human cases in several South Asian countries. Avoid all direct contact with birds, including domestic poultry (such as chickens and ducks) and wild birds, and avoid places such as poultry farms and bird markets where live birds are raised or kept. Again, flu vaccine is recommended.

Measles remains endemic in the region; make sure you are up to date on your routine immunizations.

Do not swim in fresh water (except in well-chlorinated swimming pools) in East Asian countries. Schistosomiasis is present in focal areas in China, especially in the Yangtze River basin. Leptospirosis is a risk, especially in tropical areas of China and South Korea.

Rabies is widespread in China (not Hong Kong) and Mongolia. There is an ongoing outbreak of rabies in dogs on the island of Bali, Indonesia (Updated: March 29, 2010). Avoid touching all animals, including wild animals like monkeys and pets. Unlike pets in the United States, pet dogs and cats in other countries may not have been vaccinated against rabies. If your activities in Bali will bring you into contact with animals such as dogs, cats, bats, or other carnivores, you should consider pre-exposure rabies vaccination, which is a three-shot series (days 0, 7, and 21 or 28) given before travel. Even if you receive pre-exposure vaccination, you will still need immediate medical treatment if you are bitten or scratched by an animal.

Hand, foot and mouth disease outbreaks are occurring in China. Travelers can take steps to prevent getting HFMD by washing hands frequently and following safe food and water practices.

Altitude illness can occur at elevations of >9000 feet (2700 meters).

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