Travel Recommendations

Albania, Armenia, Azerbaijan, Belarus, Bosnia/Herzegovina, Bulgaria, Croatia, Czech Republic, Estonia, Georgia, Hungary, Kazakhstan, Kosovo, Kyrgyzstan, Latvia, Lithuania, Macedonia, Moldova, Montenegro, Poland, Romania, Russia, Serbia, Slovakia, Slovenia, Tajikistan, Turkmenistan, Ukraine, Uzbekistan

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 symptoms

Non-Vaccine Preventable Diseases:

Avoid Bug Bites to Protect against:

Tickborne Encephalitis
Spread by tick bites, occasionally by unpasteurized dairy product
Risk present only in small areas in many countries
Most cases occur:
- in forested areas
- in 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
- avoid unpasteurized dairy products

MALARIA RISK

No risk for malaria in Eastern Europe and North Asia except for Tajikistan:
- Insect precautions only

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: Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, and Uzbekistan
- Rabies
- Japanese Encephalitis: endemic areas in Russia

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/

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