Travel Recommendations

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

Medications:

TRAVELERS’ DIARRHEA
☐ Azithromycin: Two 250 mg tablets once daily for 1-3 days.
☐ Imodium OTC: One to two tabs as needed for mild-moderate symptom

MALARIA RISK
☐ 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 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:

Avoid Bug Bites Day and Night to Protect against:
Dengue
Chikungunya

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/

Updated July 27, 2016