

Pre-trip Preparations

teaMMed
Global Health Initiatives

Philippines



Vaccines - additional vaccines recommended include hepatitis A + B, polio, and typhoid. Cholera, Japanese encephalitis and rabies vaccines may be given to some travellers depending on their itinerary

Vector Transmissible Disease - most travellers should use antimalarial medication. Mosquito precaution is also suggested to avoid chikungunya, dengue and zika

Standard travel precautions should also be taken

Additional items - hand sanitizer or wipes, water purification tablets, sun safety equipment, insect repellent, and a first aid kit

Uganda



Vaccines - additional vaccines recommended include hepatitis A + B, typhoid, and yellow fever. Cholera, meningococcal and rabies vaccines may be given to some travellers depending on their itinerary

Non-Vaccine Preventable Disease - most travellers should use antimalarial medication. Mosquito precaution is also suggested to avoid chikungunya and dengue. African sleeping sickness and African tick-bite fever is also highly prevalent in rural areas. HIV risk is generally low in travellers but high-risk behaviour should be avoided when possible. Risk of TB is generally low for travellers

Standard travel precautions should also be taken

Additional items - hand sanitizer or wipes, water purification tablets, sun safety equipment, insect repellent, a first aid kit, and proof of yellow fever vaccination

India



Vaccines - additional vaccinations recommended include cholera, hepatitis A + B, and typhoid. Japanese encephalitis and rabies vaccines may be given to some travellers depending on their itinerary

Vector Transmissible Disease - most travellers should use antimalarial medication. Mosquito precaution is also suggested to avoid chikungunya, dengue and zika. Risk of TB is generally low in travellers

Standard travel precautions should also be taken

Additional items - hand sanitizer or wipes, water purification tablets, sun safety equipment, insect repellent, and a first aid kit

Tonga



Vaccines - additional vaccines recommended include hepatitis A + B and typhoid

Vector Transmissible Disease - mosquito precaution is suggested to avoid potential chikungunya and zika transmission

Standard travel precautions should also be taken

Additional items - hand sanitizer or wipes, water purification tablets, sun safety equipment, insect repellent, and a first aid kit

Nepal



Vaccines - additional vaccinations recommended include hepatitis A + B and typhoid. Japanese encephalitis and rabies vaccines may be given to some travellers depending on their itinerary

Vector Transmissible Disease - most travellers should use antimalarial medication. Mosquito precaution is also suggested to avoid dengue. Risk of TB is generally low in travellers

Standard travel precautions should also be taken

Additional items - hand sanitizer or wipes, water purification tablets, sun safety equipment, insect repellent, and a first aid kit. Altitude sickness medication may be needed when hiking