




## Travel Medicine Information for Countries in *East Asia* From [TRIPSETC.COM](http://TRIPSETC.COM)

### Vaccine and Immunization Information for Travelers to Countries in *East Asia*

	<p><i>Countries include:</i></p> <ul style="list-style-type: none"><li>China</li><li>Hong Kong SAR</li><li>Japan</li><li>Macau SAR</li><li>Mongolia</li><li>North Korea</li><li>South Korea</li><li>Taiwan</li></ul>
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#### *Health Information for Travelers to Countries in East Asia*

##### Recommended Vaccinations and Preventive Medications:

- **Hepatitis A** or immune globulin (IG).
- **Hepatitis B**, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment.
- **Japanese encephalitis**, if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis.
- **Malaria**: your risk of malaria may be high in some of the countries in these regions. See your health care provider for a prescription antimalarial drug.
- **Rabies**, if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities.
- **Typhoid**, particularly if you are visiting developing countries in this region.
- TAs needed, booster doses for **Tetanus-Diphtheria** and **Measles**. A one-time dose of **Polio** for adults is recommended for some countries in the Southeast Asia Region.

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**Diseases found in East Asia (risk can vary by country and region within a country; quality of in-country surveillance also varies)**

The preventive measures you need to take while traveling in East Asia depend on the areas you visit and the length of time you stay. You should observe the precautions listed in this document in most areas of this region.

In highly developed areas of **Japan, Hong Kong, South Korea, and Taiwan**, you should observe health precautions similar to those that would apply while traveling in the United States.

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#### **Malaria:**

**Malaria is always a serious disease and may be a deadly illness.** Humans get malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites.

#### **East Asia:**

Travelers to some areas in China, North Korea, and South Korea may be at risk for malaria. Travelers to malaria-risk areas in China, North Korea, and South Korea should take an antimalarial drug.

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#### **Yellow Fever:**

There is **no risk** for Yellow Fever in East Asia. A certificate of yellow fever vaccination may be **required** for entry into certain of these countries if you are coming from countries in South America or sub-Saharan Africa.

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#### **Food and Waterborne Diseases:**

**Make sure your food and drinking water are safe.** Food and waterborne diseases are the primary cause of illness in travelers. **Travelers' Diarrhea** can be caused by viruses, bacteria, or parasites, which are found throughout East Asia and can contaminate food or water. Infections may cause diarrhea and vomiting (**E. coli, Salmonella, Cholera, and Parasites**), **fever (Typhoid Fever and Toxoplasmosis)**, or **liver damage (Hepatitis)**.

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#### **Other Disease Risks:**

##### **East Asia:**

**Dengue, Filariasis, Japanese Encephalitis, and Plague** are diseases carried by insects that also occur in these regions. Protecting yourself against insect bites will help to prevent these diseases. **Avian Influenza** is also present throughout these regions including China. **Polio** has resurfaced in Indonesia.

Outbreaks of **Severe Acute Pulmonary Syndrome (SARS)** occurred in mainland China, Hong Kong, and Taiwan in 2003.

If you visit the Himalayan Mountains, ascend gradually to allow time for your body to adjust to the **high altitude**, which can cause insomnia, headaches, nausea, and altitude sickness. In addition, use sunblock rated at least SPF 15, because the risk of sunburn is greater at high altitudes.

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