



Travel Medicine Information for Countries in *Eastern Europe and Northern Asia* From TRIPSETC.COM

Travel Medicine Vaccine and Immunization Information for Countries in *Eastern Europe and Northern Asia*



Recommended Vaccinations and Preventive Medications:

- **Hepatitis A** or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or

- from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.
- **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. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.
 - **Malaria**: if you are traveling to a malaria-risk area in this region, 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. Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors
 - As needed, booster doses for **Tetanus-Diphtheria** and **Measles**. Outbreaks of **Diphtheria** have been reported in states of the former Soviet Union. Travelers to these areas should be sure that their diphtheria immunization is up to date.
-

Diseases found in Eastern Europe and Northern 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 Eastern Europe and Northern 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.

Malaria: (Eastern Europe and Northern Asia)

Malaria is always a serious disease and may be a deadly illness. All travelers to Malaria-risk areas in Eastern Europe, including infants, children, and former residents of Eastern Europe, are at risk for Malaria. Parts of the countries of Armenia, Azerbaijan, Georgia, Kyrgyzstan, Tajikistan, Turkmenistan, and Uzbekistan have Malaria risk. Travelers to Malaria-risk areas in Armenia, Azerbaijan, Georgia, Kyrgyzstan, Tajikistan, Turkmenistan, and Uzbekistan should take antimalarial drugs. In Uzbekistan, the risk of Malaria is low and varies along its border with Tajikistan.

There is **no risk** for Malaria in Albania, Belarus, Bosnia/Herzegovina, Bulgaria, Croatia, Czech Republic, Estonia, Hungary, Kazakhstan, Latvia, Lithuania, Macedonia, Moldova, Poland, Romania, Russia, Serbia/Montenegro, Slovakia (Slovak Republic), Slovenia, and Ukraine.

Yellow Fever:

There is **no risk** for Yellow Fever in Eastern Europe and Northern 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.

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 Eastern Europe 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**). The risk of **Hepatitis A** can be high in parts of the Eastern Europe region.

Other Disease Risks - Eastern Europe and Northern Asia:

Tick-borne Encephalitis, a viral infection of the central nervous system occurs in the southern part of the non-tropical forest belt in Europe and Asia (to Pacific Ocean). Most intense transmission has been reported in Russia, Czech Republic, Latvia, Lithuania, Estonia, Hungary, Poland, and Slovenia. Travelers are at risk who visit or work in forested areas during the summer months and who consume unpasteurized dairy products. Vaccine for this disease is not available in the United States at this time. A number of **Rickettsial infections** also occur in this region. To prevent tick-borne infections travelers should take precautions to prevent tick bites.

Other infections that tend to occur more often in longer-term travelers (or in immigrants from the region) include **Tuberculosis, Hepatitis B, Hepatitis C** (especially in Romania), and **Cutaneous and Visceral Leishmaniasis** in parts of Azerbaijan and Tajikistan.

Outbreaks of **Diphtheria** have been reported in states of the former Soviet Union. There is a vaccine available to prevent diphtheria.



[Maryland Urgent Care](#) - Travel Medicine
Serving Maryland and Washington DC