



Travel Medicine Information for Countries in *Middle East* From TRIPSETC.COM

Vaccine and Immunization Information for Travelers to Countries in *Middle East*



Countries include:

Bahrain
Cyprus
Iran

Iraq
Israel
Jordan
Kuwait
Lebanon
Oman
Qatar
Saudi Arabia
Syria
Turkey
United Arab Emirates
Yemen

Health Information for Travelers to Countries in Middle East

Recommended Vaccinations and Preventive Medications:

The following vaccines may be recommended for your travel to the Middle East. Discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

- **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.
- **Malaria:** if you are traveling to a malaria-risk area in this region, see your health care provider for a prescription antimalarial drug.
- **Rabies**, pre-exposure vaccination, 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**, 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.
- As needed, booster doses for **Tetanus-Diphtheria** and **Measles**.

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

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. Travelers to malaria-risk areas, including infants, children, and former residents of the Middle East, should take an antimalarial drug. Travelers to some areas of Iran, Iraq, Oman, Saudi Arabia, the Syrian Arab Republic, Turkey, and Yemen may be at risk for malaria.

There is **no risk** of malaria in Bahrain, Cyprus, Israel, Jordan, Kuwait, Lebanon, Qatar, and the United Arab Emirates.

Yellow Fever:

There is **no risk** for Yellow Fever in the Middle East. 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 the Middle East 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**).

Other Disease Risks:

Cutaneous Leishmaniasis is reported throughout the area; **Visceral Leishmaniasis**, although rare throughout most of the area, is common in central Iraq, in the southwest of Saudi Arabia, in the northwest of Syria, in Turkey (southeast Anatolia only), and in the west of Yemen. Many cases of leishmaniasis have been reported in the US military in Iraq. A rise in **West Nile** Fever has been seen recently in Israel. Outbreaks of **Dengue** occurred in Saudi Arabia and Yemen in 2002.

Other infections that tend to occur more often in longer-term travelers (or immigrants from this region) include **Tuberculosis** (Yemen), **Lymphatic Filariasis** and **Onchocerciasis** (Yemen), **Hepatitis B**, and **Schistosomiasis** (Saudi Arabia, Yemen, Iraq, and Syria) To prevent schistosomiasis, do not swim in fresh water (except in well-chlorinated swimming pools) in these countries. **Polio** has resurfaced in Yemen. Pilgrims to the Hajj in Saudi Arabia have acquired **Meningococcal Infections** caused by serotypes A and W-135, as well as **Influenza**.



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