



Travel Medicine Information for Countries in *South Asia* From TRIPSETC.COM

Vaccine and Immunization Information for Travelers to Countries in *South Asia*



Health Information for Travelers to Countries in South 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. Vaccination is particularly important because of the presence of **S. Typhi** strains resistant to multiple antibiotics in the South Asia 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 South 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 South 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:

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.

South Asia:

Travelers to malaria-risk areas, including infants, children, and former residents of the Indian Subcontinent, should take an antimalarial drug. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites.

Yellow Fever:

There is **no risk** for Yellow Fever in the Indian Subcontinent. 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 South 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)**.

Other Disease Risks:

South Asia:

Filariasis is common in Bangladesh, India, and the southwestern coastal belt of Sri Lanka. A sharp rise in the incidence of **visceral Leishmaniasis** has been observed in Bangladesh, India, and Nepal. In Pakistan, it is mainly reported from the north (Baltistan). **Cutaneous Leishmaniasis** occurs in Afghanistan, India (Rajasthan), and Pakistan. Outbreaks of **Dengue Fever** can occur in Bangladesh, India, Pakistan, and Sri Lanka, and the hemorrhagic form has been reported from eastern India and Sri Lanka. **Japanese Encephalitis** occurs widely except in mountainous areas. Protecting yourself against insect bites will help to prevent these diseases.

Polio is still endemic in India and Afghanistan. **Rabies** is common in the region and poses a risk to travelers, especially to rural areas.

Leptospirosis, a bacterial infection often contracted through recreational water activities in contaminated water is common in tropical areas of this region.

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 15 SPF, because the risk of sunburn is greater at high altitudes.



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