

International Travel

Common Illnesses and Diseases



Typhoid Fever

Typhoid and paratyphoid fever are life-threatening diseases caused by bacteria. The bacteria can be spread by eating or drinking contaminated food or water. It is not usually spread directly from person to person, but it can be spread through contact with the feces of an infected person. Typhoid causes fever and diarrhea. If typhoid is not treated, it can cause internal bleeding, which could lead to death.

To avoid getting typhoid:

- Get vaccinated
- Choose food and drinks carefully
- Wash your hands often

Typhoid vaccines are only 50% to 80% effective, so you should still be careful about what you eat and drink to lower your risk of getting typhoid fever.



Cholera

Cholera can be a life-threatening disease caused by bacteria. Cholera is spread through contaminated food or water. It is not usually spread directly from person to person, but it can be spread through contact with the feces of an infected person. Cholera causes severe diarrhea and vomiting. If it isn't treated quickly, it can lead to dehydration and even death.

To avoid getting cholera:

- Get vaccinated
- Choose food and drinks carefully
- Wash your hands often

Cholera vaccine is not a substitute for being careful about what you eat or drink as the vaccine is not 100% effective and does not protect from other foodborne and waterborne diseases.



Yellow Fever

Yellow fever is a potentially serious disease caused by the yellow fever virus. Characterized by fever and flu-like symptoms, the disease can progress to kidney failure and severe bleeding. There is no medicine to treat or cure yellow fever. Yellow fever virus is spread by the bite of an infected mosquito. Getting vaccinated and following insect precautions are the best ways to avoid getting yellow fever.

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Malaria

Malaria is caused by parasites that enter your body through the bite of an infected mosquito. This sometimes fatal disease happens in hot and humid places. Malaria is not spread from one person to another. Malaria prevention consists of a combination of bug avoidance measures and prescription medication. Malaria causes sudden flu-like symptoms that can progress to fever, chills, nausea, and vomiting. If symptoms are not treated promptly the disease can progress to severe illness and even death. The best way to avoid malaria is by taking anti-malarial medications and following insect precautions.



Japanese Encephalitis

Japanese Encephalitis (JE) is a disease caused by a virus. The virus spreads to people through the bite of an infected mosquito. Activities that increase the risk of JE include:

- Frequently traveling to or spending extended time in a JE infected area
- Visiting rural areas
- Having accommodations without air conditioning

Additional risk factors would be engaging in recreational activities, such as camping, hiking, trekking, rafting, and fishing. Getting vaccinated and following measures to avoid mosquito bites are the best ways to avoid getting JE.



Tick-borne Encephalitis

Tick-borne encephalitis (TBE) is a disease caused by a virus. The virus spreads to people through the bite of an infected tick or from eating or drinking unpasteurized dairy products (milk and cheese) from infected goats, sheep, or cows. Activities that increase a traveler's chances of getting TBE include camping, hiking, and hunting. Travelers are more likely to get infected with TBE when traveling to affected areas from April to November when ticks are most active.

To avoid getting TBE:

- Get vaccinated
- Avoid consuming unpasteurized dairy products
- Use all measures to avoid tick bites

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