

Australian Doctor.

TRAVEL ADVICE QUICK GUIDE

South Africa JUNE 2019

TRAVEL-RELATED VACCINES

HEPATITIS A	Recommended for most, including travellers with "standard" itineraries and accommodation.
TYPHOID	Recommended for most, especially travellers staying with friends and relatives, visiting smaller cities or rural areas or those likely to eat adventurously.
RABIES	Consider for: <ul style="list-style-type: none">• Travellers likely to be in direct contact with bats, dogs and other mammals• Travellers with occupational risk• Long-term travellers and expats• Children
YELLOW FEVER	There is no risk of yellow fever in South Africa. However, proof of yellow fever vaccination is required for travellers arriving from a country with risk of the disease (including Uganda, Ghana and parts of Kenya and Ethiopia).

ROUTINELY RECOMMENDED VACCINATIONS (NOT SPECIFIC TO TRAVEL)

Vaccinate all prospective travellers according to the recommended vaccination schedule for their age, underlying health conditions, occupation and lifestyle. This includes childhood vaccinations per the national immunisation program, adult DTPa catch-up/boosters, hepatitis B, influenza, pneumococcal, MMR, polio and meningococcal vaccinations.

Measles vaccination guidelines have recently been updated – infants can receive MMR vaccine from 6 months of age.

MALARIA PROPHYLAXIS

Malaria is a risk in some remote areas in the far north and east of South Africa, including Kruger National Park. The 90 km strip running along the border with Mozambique and Zimbabwe is a designated malaria zone. Malaria prophylaxis is recommended for travellers to these areas, including Limpopo, Mpumalanga and Kwazulu-Natal Provinces.

GENERAL PREVENTIVE MEASURES

VECTOR BORNE INFECTIONS SUCH AS CHIKUNGUNYA, AFRICAN TICK-BITE FEVER	Cover exposed skin; frequently apply insect repellent containing DEET, picardin or oil of lemon eucalyptus; wear permethrin-treated clothing; stay in air-conditioned, screened or netted areas where possible.
FOOD-AND WATER-BORNE INFECTIONS AND TRAVELLERS' DIARRHOEA	Avoid cooked food served at room temperature and raw food, including vegetables unless thoroughly washed; drink only from sealed bottles/cans or boiled/chemically treated water or ice; avoid recreational activities in potentially contaminated water; avoid swallowing water when swimming. Cholera is still a public health concern, predominantly in rural areas of South Africa, with more serious outbreaks occurring periodically; consider vaccination for those at higher risk of severe or complicated diarrhoeal disease.
ANIMAL PRECAUTIONS	Avoid direct contact with local animals; if injury occurs, wash and seek medical attention immediately, even if rabies vaccinated.
BLOOD-BORNE DISEASES	South Africa has a high rate of HIV/AIDS. Practise safe sex; don't inject drugs; exercise caution with procedures involving needles and medical/dental treatment unless equipment is new or sterilised.
OTHER CONSIDERATIONS	Consider taking basic medical supply kit including simple analgesia, rehydration solution, anti-motility agent and first aid supplies; advise to attend medical care if possible rabies exposure, fever, bloody stools or systemically unwell.

REMINDER: Check US Centers for Disease Control and Prevention for new/emerging disease threats and current malaria recommendations.

