

UPDATED:

COUNTRY HEALTH ALERTS AND CURRENT OUTBREAKS:

HIGHLY RECOMMENDED VACCINATIONS:

COUNTRY SPECIFIC VACCINATIONS AND PROPHYLAXIS:

Per the annual vaccination attestation, travelers should remain up to date on all highly recommended vaccinations.

ENDEMIC DISEASE
(regularly occurring)

Mode of Transmission

Preventive Measures

Soilborne and Waterborne

Wear shoes outdoors. No wading or swimming. Drink only bottled water.

Insectborne

Wear long-sleeved shirt, long pants, and hat. Treat clothing and gear with permethrin (insecticide). Sleep in air-conditioned or screened rooms. Use bed netting. Complete full-body tick check daily. Use insect repellent with at least 20% DEET. If wearing sunscreen, apply it first and allow it to dry completely before applying insect repellent.

Animalborne

Avoid contact with animals, including domesticated animals.
Avoid contact with human or animal body fluids.

Human-to-Human

Body fluid: Avoid infected body fluid whether on hard surfaces, bedding, clothing, or elsewhere. Wear personal protective equipment when in contact with body fluids.
Droplet: Avoid close contact with infected people when they cough, sneeze, talk, or breathe. When near infected person, maintain physical distance, wear a mask, and cover mouth and nose when coughing or sneezing.

Airborne: Avoid long-term contact and close proximity with infected people.

Additional endemic/outbreak disease-specific information (seasonal cycle, mode of transmission, incubation period, symptoms) can be found on **page 2**.

CONTACT INFORMATION: Chief Medical Office on-call staff: +1 828-616-9393 (avail. 24/7) | CMOTravelHealth@samaritan.org

ADDITIONAL RESOURCES: travel.state.gov/content/travel/en/international-travel.html | wwwnc.cdc.gov/travel/who.int/travel-advice |

TRAVEL HEALTH | Country-Specific Disease Key Points

DISEASE | SEASONAL CYCLE MODE OF TRANSMISSION | VECTOR INCUBATION PERIOD | SYMPTOMS

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The intent of the Risk Advisory and Recommendations is to provide a summary of current infectious disease risk and mitigation measures. The information is as current as the date updated and is subject to change. Travelers are encouraged to contact the Chief Medical Office (CMOTravelHealth@samaritan.org) and access the sites listed under “Additional Resources” (page 1) for more information.