



CHU Saint-Pierre  
UMC Sint-Pieter

Travel &  
Vaccine Clinic 

# TRAVEL & VACCINE CLINIC



Advice to travellers - Vaccinations - Tropical  
Medicine - Emergent Diseases - ImmunoStart –  
Rabies Consultation



**Quickly consult a doctor if you have fever in the first months following your return, to exclude a Malaria which untreated is potentially lethal. Protection against mosquitoes is essential in Malaria zones because the drug prevention does not protect you 100%!**

## 1 Mosquitoes

In the tropics and depending on regions, mosquitoes can transmit:

 **SUNSET > SUNRISE**  
*Malaria, Japanese encephalitis*

 **DURING THE DAY**  
*Dengue, Chikungunya, Zika, Yellow fever*



### MOSQUITO PREVENTION

1 Wear light, long **clothes**, covering legs and arms

2 Use regularly a **repellent** with DEET (adult 50 % every 6 hours, child or pregnant woman ≤30% every 3 hours), IR3535 or Icaridine


3 Distribute the product uniformly on exposed parts of the body (including the feet)

4 First sunscreen then DEET, 20 min. later

5 Sleep in a bed surrounded correctly with an **insecticide-treated mosquito net** (mandatory for vulnerable people: children, pregnant women) and use **mosquito screens on windows or use very cold air-conditioning**

6 Use, if possible, a **mosquito repellent** in the room (diffuser, tortillon, ...)

## 2 Malaria

**ZONE A**  **ANTIMOSQUITO PREVENTION**  
According to doctor advice

**ZONE C**  **ANTIMOSQUITO PREVENTION + MEDICATION**

**MEFLOQUINE (Lariam®)**

First choice for pregnant women and children



1  /WEEK WITH MEAL

**CHILDREN** ..... : .....  
..... : .....

**BEFORE** 2-3x before departure

**DURING** throughout the stay in the zone (1x/week)

**AFTER** 4 weeks after returning from the zone (1x/week)

**OR**  **100MG/D - 1X/J WITH MEAL**  
 **DRINK A LOT AFTERWARDS**


**CHILDREN** ..... : .....  
..... : .....

**BEFORE** 1D before departure

**DURING** throughout the stay in the zone (1x/D)

**AFTER** 4 weeks after returning from the zone (1x/D)

**OR** **ATOVAQUONE-PROGUANIL (Malarone®, ...)**

1  /D WITH MEAL

**CHILDREN** ..... : .....  
..... : .....

**BEFORE** 1D before departure

**DURING** throughout the stay in the zone (1x/D)

**AFTER** 7 days after return (1x/D)



## 5 Rabies

### PRECAUTIONS

Avoid contact with stray dogs, monkeys, cats, bats or any mammals

Avoid touching dying animals, corpses or skeletons



Always supervise children when there are animals around

Avoid salivary contacts (lickings) with the mucous membranes of the mouth or the eyes

### IN CASE OF BITE

1

**Clean the wound generously** with water and soap, soap in the wound during at least 10 minutes

2

**Disinfect** with povidone iodine (Isobétadine®) or alcohol

Go as soon as possible, ideally within 72 hours, in a **vaccination center** for:

3

- **serum and several vaccines** for patients never immunized against rabies
- **two booster rabies vaccines** for patients immunized previously against rabies

4

Back to Belgium, come to our **Travel & Vaccine Clinic** to report your case and to be taken care of if needed

**CHU Saint-Pierre | Site Alexiens**  
Rue des Alexiens 11-13, 1000 Bruxelles  
+32 (0)2 506.71.11  
www.stpierre-bru.be

## 6 Sexually transmitted infections (STI)

Many sexually transmitted infections (STI) are acquired during travel abroad.

**⚠ Take condoms with you (and use them!) and ask for STI test when you come back if you had unprotected sexual intercourse(s).**

## 7 Bilharziosis/Schistosomiasis


Some lakes/rivers are contaminated by microscopic parasites: you can become infected by bathing in this fresh water. There is no vaccine against this disease.

**i** Ask advice from your doctor before your journey.

### CONTACT

#### Travel & Vaccine Clinic

 Rue des Alexiens 11-13  
1000 Bruxelles

 02/535.33.43 (call center)