



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

- Wear light, long **clothes**, covering legs and arms
- Use regularly a **repellent** with DEET (adult 50 % every 6 hours, child or pregnant woman ≤30% every 3 hours), IR3535 or Icaridine
- Distribute the product uniformly on exposed parts of the body (including the feet)
- First sunscreen then DEET, 20 min. later

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

2 Malaria

ZONE	ANTIMOSQUITO PREVENTION According to doctor advice
ZONE	
	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)
	DOXYCYCLINE
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)

3 Diarrhea

A. PREVENTION

AVOID



Tap water, ice cubes, ice creams

Raw /insufficiently cooked food Dairy products, raw vegetables

PREFER

Fruits and vegetables which can be washed or peeled by yourself with clean hands and knife

Dry food, biscuits, toasts

Cooked and very hot food



Bottled drinks water/other with a hermetically sealed capsule

Use bottled water also to brush your teeth

If precarious conditions: boil the water, even briefly. It is the best disinfection

KEEP HANDS CLEAN wash them with soap or with hand sanitizing gel



B. TREATMENT

HYDRATION

Drink more than usual



Children: always rehydrate with ORS 10 ml/kg at each loose stool If ORS not available: 5 teaspoons of sugar and a half-teaspoon of salt for one liter of drinking water

IN CASE OF SERIOUS DIARRHEA

LOPÉRAMIDE (Imodium®)

♣ From 6 years old

1 / AFTER EVERY LIQUID STOOL

MAX. 6 // D



RACÉCADOTRIL (Tiorfix®)

♣ From3 months old **ADULT 100 MG, 3X/D CHILD 1,5 MG/KG, 3X/D**

ilt is no longer recommended to prescribe antibiotics for diarrhea. In exceptional cases, your doctor may recommend:

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

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

 Disinfect with povidone iodine

 (selected in a®) or also help
- (Isobétadine®) or alcohol

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

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

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

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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.

1 Ask advice from your doctor before your journey.

CONTACT

Travel & Vaccine Clinic

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