### SUGGESTED VACCINATIONS FOR FOREIGN TRAVEL, PART II

**Central African Rep.**
- Grp 1: AGX
- Grp 2: AGMX
- Grp 3: AGMBX
- Grp 4: AGMTBrsX

**Chad**
- Grp 1: AgX
- Grp 2: AgMX
- Grp 3: AgMBX
- Grp 4: AgMTBrsX

**Chagos Is. (UK)**
- Grp 1: A
- Grp 2: A
- Grp 3: A
- Grp 4: A

**Comoros Is.**
- Grp 1: AX
- Grp 2: AX
- Grp 3: AX
- Grp 4: AX

**Congo**
- Grp 1: AGX
- Grp 2: AGX
- Grp 3: AGX
- Grp 4: AGX

- Grp 1: AgX
- Grp 2: AgX
- Grp 3: AgX
- Grp 4: AgX

**Djibouti**
- Grp 1: AX
- Grp 2: AX
- Grp 3: AX
- Grp 4: AX

**Egypt**
- Grp 1: A
- Grp 2: A
- Grp 3: A
- Grp 4: A

**Equatorial Guinea**
- Grp 1: AGX
- Grp 2: AGX
- Grp 3: AGX
- Grp 4: AGX

**Eritrea**
- Grp 1: AX
- Grp 2: AMX
- Grp 3: AMBX
- Grp 4: AMMTBrsX

**Asmara**
- Grp 1: A
- Grp 2: A
- Grp 3: A
- Grp 4: A

**Ethiopia**
- Grp 1: AGX
- Grp 2: AGMX
- Grp 3: AGMBX
- Grp 4: AGMTBrsX

**Adis Abeba**
- Grp 1: AG
- Grp 2: AGM
- Grp 3: AGMB
- Grp 4: AGMTBrs

**Gabon**
- Grp 1: AGX
- Grp 2: AGX
- Grp 3: AGX
- Grp 4: AGX

**Gambia**
- Grp 1: AGX
- Grp 2: AGX
- Grp 3: AGX
- Grp 4: AGX

**Guinea**
- Grp 1: AGX
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- Grp 3: AGX
- Grp 4: AGX

**Guinea-Bissau**
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- Grp 4: AGX

**Ivory Coast**
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- Grp 4: AGX

**Kenya**
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- Grp 3: AGX
- Grp 4: AGX

**Nairobi**
- Grp 1: AG
- Grp 2: AG
- Grp 3: AG
- Grp 4: AG

**Lesotho**
- Grp 1: A
- Grp 2: A
- Grp 3: A
- Grp 4: A

**Liberia**
- Grp 1: AGX
- Grp 2: AGX
- Grp 3: AGX
- Grp 4: AGX

**Libya**
- Grp 1: A
- Grp 2: A
- Grp 3: A
- Grp 4: A

**Madagascar**
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- Grp 2: AX
- Grp 3: AX
- Grp 4: AX

**Malawi**
- Grp 1: AX
- Grp 2: AX
- Grp 3: AX
- Grp 4: AX

**Mali**
- Grp 1: AgX
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- Grp 3: AgMBX
- Grp 4: AgMTBrsX

**Mauretania**
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- Grp 3: Agx
- Grp 4: Agx

**Mauritius**
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- Grp 4: A

**Mayotte Is. (FR)**
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- Grp 4: AX

**Morocco**
- Grp 1: A
- Grp 2: A
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- Grp 4: A

**Mozambique**
- Grp 1: AX
- Grp 2: AX
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- Grp 4: AX

**Namibia**
- Grp 1: A
- Grp 2: Ax
- Grp 3: Ax
- Grp 4: Ax

**Niger**
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- Grp 4: AgMTBrsX

**Nigeria**
- Grp 1: AGX
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- Grp 4: AGX

**Réunion (FR)**
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- Grp 2: A
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- Grp 4: A

**Rwanda**
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- Grp 4: AGX

**Sao Tomé/Principe**
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- Grp 2: AGX
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- Grp 4: AGX

**Senegal**
- Grp 1: AGX
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- Grp 3: AGX
- Grp 4: AGX

**Seychelles**
- Grp 1: A
- Grp 2: A
- Grp 3: A
- Grp 4: A

**Sierra Leone**
- Grp 1: AGX
- Grp 2: AGX
- Grp 3: AGX
- Grp 4: AGX

**Somalia**
- Grp 1: AgX
- Grp 2: AgX
- Grp 3: AgX
- Grp 4: AgX

**Sudan**
- Grp 1: AgX
- Grp 2: AgMX
- Grp 3: AgMBX
- Grp 4: AgMTBrsX

**Swaziland**
- Grp 1: Ax
- Grp 2: Ax
- Grp 3: Ax
- Grp 4: Ax

**South African Rep.**
- Grp 1: A
- Grp 2: Ax
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- Grp 4: Ax

**Tanzania**
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**Togo**
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- Grp 4: AGX

**Tunisia**
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- Grp 4: A

**Uganda**
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- Grp 4: AGX

**Zambia**
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- Grp 4: AX

**Zimbabwe**
- Grp 1: AX
- Grp 2: AX
- Grp 3: AX
- Grp 4: AX

**Harare, Bulawayo**
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- Grp 2: A
- Grp 3: A
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### ASIA:

**Afghanistan**
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- Grp 4: A

**Armenia**
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- Grp 2: A
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**Azerbaijan**
- Grp 1: A
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- Grp 3: A
- Grp 4: A

### Cholera vaccination

Cholera vaccination is not recommended for ordinary tourists. Vaccination may be relevant in connection with stays in areas with cholera outbreaks. The protection against ordinary travel diarrhoea provided by the cholera vaccine is so limited that the vaccine is not recommended for this indication.

### Special regulatory requirements

Some countries require yellow fever vaccination of all travellers, see www.who.int/ith. Stays/transit in countries where yellow fever may occur can result in a vaccination requirement at a later stage of the journey (yellow fever transmission zone). Meningococcal vaccination against group A + C + W135 + Y is required for pilgrimage to Saudi Arabia, a recommendation incl. children from 3 months of age, EPI-NEWS 48/07.

### Malaria prophylaxis

Primary mosquito bite prophylaxis using balm/net/spray is always important in malaria areas. Five different pharmacological prophylaxis regimes are listed below:

- Chloroquine should only be used in areas with a low P. falciparum risk and high sensitivity to chloroquine. May be used by pregnant women and children. May be administered concomitantly with proguanil in areas with a high risk of falciparum malaria and reduced chloroquine sensitivity. This pharmaceutical may be used during pregnancy and due to extensive resistance, this combination is rarely recommended to other patient groups.
- Mefloquine is efficacious against P. falciparum in Africa, but not in all areas of Southeast Asia. According to the WHO, mefloquine may be used for second and third trimester prophylaxis. Mefloquine should not be used prophylactically in children under 3 months of age or children weighing less than 5 kgs, or by patients with epilepsy or previous neuropsychiatric illness or by persons practicing diving. Mefloquine should be initiated 3 weeks prior to departure.

**Q:** Chloroquine
**U:** Chloroquine + proguanil
**X:** Mefloquine/Malalore/doxycycline
**Z:** Doxycycline/Malalore

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**Q:** Chloroquine
**U:** Chloroquine + proguanil
**X:** Mefloquine/Malalore/doxycycline
**Z:** Doxycycline/Malalore
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**A**: Hepatitis A  | **j**: Japanese encephalitis  | **s**: Tuberculosis  | **f**: SSME/TBE  | **M**: Meningococcus A+C+W135+Y  | **T**: Typhoid fever  | **g/G**: Yellow fever  | **r**: Rabies  | **V**: Mosquito bite prophylaxis

Malareone is efficacious against P. falciparum. Resistance is very rare. Malareone should not be used in pregnant women and is not recommended for breastfeeding mothers, EPI-NEWS 19-20/02.

Child prophylaxis, EPI-NEWS 19/05.

**Malaria self-treatment**
In general, self-treatment cannot replace medical prophylaxis or specific diagnostics. Whenever possible, malaria patients should be examined by a physician and a blood smear microscopy should be performed before malaria treatment is initiated. When staying in remote malaria areas with more than 24-48 hours to the nearest medical service, travelers should be supplied with malaria medication for self-treatment to supplement prophylactic measures. An agent not included in the prophylactic regimen should be chosen:

If mefloquine, doxycycline or chloroquine have been used, possibly in combination with proguanil, Malarone is recommended (adults: 4 tablets daily for three days). If Malarone has been used, mefloquine is used for self-treatment (adults: 3 tablets as a single dose, followed by a single tablet 6-8 hours later).

**Travel medicine on the Internet**
Current information on outbreaks and detailed information on individual countries and diseases are available at:

- www.um.dk
- www.who.int/ith
- www.cdc.gov/travel
- www.promedmail.org

(M. Buhl, Danish Society of Travel Medicine, S. Thybo, Danish Inf. Dis. Society, J. Kurtzhals, Danish Soc. for Clin. Microbiology; N. E. Møller, Danish College of GPs, L. S. Vestergaard, Danish Society for Tropical Med & Int Health; K. Gade, Danish Paediatric Society, S. Gisimann, P.H. Andersen, Dept. of Epid.)

24 June 2009