

Vax Before You Travel!

Before you take off for your dream vacation, you may want to check your vaccine records. Some countries won't let you in without certain vaccines! Take this quiz to find out what those are.

Which vaccine can be required in order to enter a country?

- a) Anthrax
 - b) Malaria
 - c) Typhoid fever
 - d) Yellow fever
- i. Vaccinations are required for travel to some regions of the world, especially in the case of yellow fever. Without the proper documentation, visitors may be denied entry into the country.

Which of the following does not have a vaccine, but only pills to help prevent the disease?

- a) Malaria
 - b) Tuberculosis
 - c) Japanese encephalitis
 - d) None of the above
- i. The World Health Organization (WHO) is recommending widespread use of the RTS,S/AS01 (RTS,S) malaria vaccine among children in sub-Saharan Africa and in other regions with moderate to high *P. falciparum* malaria transmission. The recommendation is based on results from an ongoing pilot program in Ghana, Kenya, and Malawi that has reached more than 900,000 children since 2019.

How far in advance do you need to get the yellow fever vaccine?

- a) 4-6 weeks before travel
 - b) 6-8 weeks before travel
 - c) At least a week before travel
 - d) As late as the day before
- i. Yellow fever is a serious and potentially deadly viral disease that mostly occurs in certain parts of Africa and South America. The infection can range from mild to severe to fatal, and most infected people will require hospitalization. It is recommended that the vaccine be given 4-6 weeks prior to travel. Advanced planning is required for obtaining the vaccine as there is currently a limited supply of yellow fever vaccine throughout the United States.

How do you prevent typhoid fever when traveling in countries that recommend vaccination?

- a) Get vaccinated at least 2 weeks prior to travel
- b) Only eat foods that are cooked and served hot
- c) Avoid food that has been sitting on a buffet
- d) Avoid ice because it may have been made from unclean water
- e) All of the above
 - i. People 2 years old and older can get the typhoid vaccine, so get one shot (or a booster shot) at least 2 weeks before travel. Since neither the typhoid pills nor the shot offer complete protection against the infection, it is important to choose food and drinks carefully (based on the above practices) and wash your hands thoroughly and frequently, especially before meals and after using the bathroom.

Which of the following vaccines do you need to travel internationally?

- a) Covid-19
- b) Yellow fever
- c) MMR
- d) Polio
- e) All of the above
 - i. The vaccines you need to get before traveling will depend on a few things, including: Where you plan to travel. Some countries require proof of vaccination for certain diseases, like yellow fever or polio. And traveling in developing countries and rural areas may bring you into contact with more diseases, which means you might need more vaccines before you visit.
Your health. If you're pregnant or have an ongoing illness or weakened immune system, you may need additional vaccines.
The vaccinations you've already had. It's important to be up to date on your routine vaccinations. While diseases like measles are rare in the United States, they are more common in other countries.

Which of the following is not a mosquito-borne disease?

- a) Dengue
- b) Japanese encephalitis
- c) Typhoid fever
 - i. Typhoid fever is a life-threatening infection caused by the bacterium Salmonella Typhi. It is usually spread through contaminated food or water.
- d) Yellow fever

Japanese encephalitis is only seen in Japan.

- a) True
- b) False
 - i. JE virus is the most common vaccine-preventable cause of encephalitis in Asia, occurring throughout most of Asia and parts of the western Pacific. Transmission

principally occurs in rural agricultural areas, often associated with rice cultivation and flood irrigation.

Which is not a recommended vaccination for travel to Mexico?

- a) Hib
 - i. The CDC and WHO recommend the following vaccinations for Mexico: hepatitis A, hepatitis B, typhoid, cholera, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza.
- b) Malaria
- c) Rabies
- d) Hepatitis A

Which of the following is not a yellow fever risk area?

- a) Nigeria
- b) Mali
- c) Columbia
- d) Honduras
 - i. Honduras is part of North America and is not a high-risk country for yellow fever. However, yellow fever does occur in regions of South America and Africa, where many countries have a high incidence of yellow fever. Vaccination is highly recommended before visiting these areas.

It's important to be up to date on which of the following vaccines when traveling?

- a) Measles
- b) Meningococcal
- c) Hepatitis B
- d) All of the above
 - i. You should be up to date on your routine vaccines. Depending on where you travel, you may come into contact with diseases that are rare in the United States. For example, although measles is rare in the United States, it is more common in other countries.