

## AFS HEALTH RECOMMENDATIONS

**AFS India recommends the following:**

### **General stuff**

Make sure that you're up to date with your vaccinations against **tetanus** before you come. Tetanus spores can get into the body through injuries and animal bites, and even small scratches from trees or shrubs. You will probably have been given routine immunization against **diphtheria** and **polio** already. If not, have a polio jab.

### **Health Risks:**

Insect-borne diseases, especially malaria and dengue fever, are big risks in many parts. Consult your doctor several months before your trip to determine the best course of malaria prevention for you.

Hepatitis B and HIV are problems exercise extreme caution and safety in situations that may lend themselves to contracting these diseases.

### **Immunization Suggestions and Requirements:**

*The following information was culled from reputable sources, such as CDC and WHO*

### **Specific injections, tablets and drops**

- **Typhoid:** Recommended for anyone going to areas where standards of food and water hygiene are lower. Avoid potentially contaminated food and water.
- **Hepatitis A:** Provides protection for up to 10 years, useful if travelling to areas with poor food and water hygiene.
- **Diphtheria:** You may need a booster if you're planning a long stay in India.
- **Cholera:** Bacterial infection that causes catastrophic diarrhea and dehydration. Being careful about food and drink hygiene is more important than getting vaccinated in most cases.

- **Malaria:** Parasitic infection passed on by mosquitoes in tropical and sub-tropical regions. Discuss what tablets you'll need with a doctor or pharmacist. Avoid being bitten: wear long shirts and trousers after dusk, use insect repellents, sleep under nets.
- **Yellow fever: Found in parts of India. You must produce a vaccination certificate if you're coming to India.**
- **Meningococcal meningitis:** Protection recommended for visits to endemic areas.
- **Japanese encephalitis:** Mosquito-borne disease, seen in parts of India and South-East Asia. In addition to vaccination, avoid insect bites, as with malaria.
- **Rabies:** If you're thinking that you will be at risk coming into contact with dogs, cats, or wild animals, think about being vaccinated. If you are bitten or licked by a suspected rabid animal, you must still seek immediate medical advice.