

EMPORIATRICS

Term coined to describe science of health of travelers

- International travelers may subject to resistance to disease due to crowding, disruption of eating habits, change in climate etc

- Secondly in developing countries they are exposed to disease which are not covered by international health regulations

- e.g. malaria dengue, STD, AIDS, typhoid, hepatitis etc.

- There risk can be minimized by Immunization &

Chemoprophylaxis

Some recommendations for travelers

- 1. Avoid bath in polluted water
- 2. Prevention of insect bites- mosquito repellents/bed nets
- 3. For prevention of Diarrhoeal diseases
 - > Use boiled water or bottled mineral water, Oral rehydration fluids
- 4. For prevention of Malaria
 - > Prophylaxis begin at the day of arrival in the malarious areas & continued for 4 weeks after leaving the

area

- 5. For prevention of Hepatitis A- Immunoglobulin- 0.05 mg/kg every 4 months
- 6. For prevention of Hepatitis E
- Avoidance of contaminated food & water
- 7. For prevention of Hepatitis B 3 doses of vaccines
 - First two doses are given 1 month apart & third dose about 6 month later
- 8. For prevention of STD & HIV
- Avoidance of sex or limit it to single

uninfected partner, Use of condom

- 9. For prevention of Yellow fever-
Vaccination certificate for yellow fever is required for international travel specially in endemic zones
- 10. For prevention of Tetanus
- Booster dose of TT if 10 years or more have elapsed since last injection
- Medical kit for traveler's - should have Disinfectant, sun screen, mosquito repellent, ORS, first aid articles
- A card noting blood group, drug sensitivity, any chronic disease suffering from WHO publish every year- international travel & health, vaccination requirements & health advice for