

# Argentina

This information is intended as a guide only and is not to be used as a substitute for professional medical advice.

Recommendations on vaccinations and medications requires assessment on an individual basis taking into account factors such as your medical history, your itinerary, length of stay and style of travel. You should ideally see us **4-6 weeks** before your trip.

## Vaccines and Medications

### All travellers

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- Routine vaccines** Make sure you are up-to-date on routine vaccines before every trip, such as:
- measles-mumps-rubella (MMR) vaccine
  - diphtheria-tetanus-pertussis vaccine
  - varicella (chickenpox) vaccine
  - polio vaccine
  - influenza vaccine
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### Most travellers

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- Hepatitis A** **Highly recommended.** You can get hepatitis A through contaminated food or water in this country, regardless of where you are eating or staying.

- Typhoid** **Recommended for most travellers.** You can get typhoid through contaminated food or water, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

- Yellow fever** Yellow fever is a serious disease with a 50% mortality. It is present in the northern and north-eastern forested areas of Argentina bordering Brazil and Paraguay where altitudes are below 2300 metres. You should receive the vaccination if you are planning to visit any of these regions:
- Corrientes (Berón de Astrada, Capital, General Alvear, General Paz, Itatí, Ituzaingó, Paso de los Libres, San Cosme, San Martín, San Miguel, Santo Tomé)
  - Misiones
  - Iguassu Falls

**Australian authorities require a valid yellow fever vaccination certificate from travellers over 1 year of age, who stay overnight or longer in areas of risk for yellow fever transmission.**

Yellow fever is a live vaccine and you shouldn't receive it if you have immunodeficiency problems or are pregnant.

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### Some travellers

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**Hepatitis B** You can get hepatitis B through sexual contact, contaminated needles, and blood products.

You should get this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.

**Rabies** Rabies can be found in dogs, bats, and other mammals in this country, but it is not a major risk to most travellers. The vaccine is only recommended for these groups:

- Travellers involved in outdoor and other activities in remote areas that put them at risk for animal bites (such as adventure travel and caving).
- People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).
- People who are taking long trips or moving to remote areas

**Malaria** In general, Argentina is considered low risk for malaria. However, **malaria risk is present** in rural areas of northern Jujuy and Salta Province (along the Bolivian border). Rare cases are reported in the city of Puerto Iguazú in Misiones Province. There is no malaria at Iguassu Falls.

You *may* need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside.

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## Stay healthy and safe

Unclean food and water can cause travellers' diarrhoea and other diseases. Reduce your risk by sticking to these habits!

<p><b>Eat</b></p> <ul style="list-style-type: none"> <li>• Food that is cooked &amp; served hot</li> <li>• Hard-cooked eggs</li> <li>• Fruits and vegetables you have washed in clean water or peeled yourself</li> <li>• Pasteurized dairy products</li> </ul>	<p><b>Don't Eat</b></p> <ul style="list-style-type: none"> <li>• Food served at room temperature</li> <li>• Food from street vendors</li> <li>• Raw or soft-cooked (runny) eggs</li> <li>• Raw or undercooked meat or fish</li> <li>• Unwashed or unpeeled raw fruits and vegetables</li> <li>• Unpasteurized dairy products</li> <li>• "Bushmeat" (monkeys, bats, other wild game)</li> </ul>
<p><b>Drink</b></p> <ul style="list-style-type: none"> <li>• Bottled water that is sealed</li> <li>• Water that has been disinfected</li> <li>• Ice made with bottled or disinfected water</li> <li>• Carbonated drinks</li> <li>• Hot coffee or tea</li> <li>• Pasteurized milk</li> </ul>	<p><b>Don't Drink</b></p> <ul style="list-style-type: none"> <li>• Tap or well water</li> <li>• Ice made with tap or well water</li> <li>• Drinks made with tap or well water (eg. reconstituted juice)</li> <li>• Unpasteurized milk</li> </ul>

## Prevent insect-related illnesses

Mosquitoes, ticks, and fleas can spread diseases such as malaria. You can reduce your risk by taking these steps if you are in a malaria-prone region:

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use a repellent that contains 20% or more DEET for protection that lasts up to several hours.
- Use permethrin-treated clothing and gear (eg. boots, pants, socks, tents). Do not use permethrin directly on skin.
- Stay and sleep in air-conditioned or screened rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

## Things to consider packing

Your doctor may advise you to take prescription or over-the-counter drugs with you on your trip in case you get sick. These may include:

<p><b>Prescription medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Any medications you take regularly</li> <li><input type="checkbox"/> Altitude sickness medicine</li> <li><input type="checkbox"/> Anti-malaria medications</li> <li><input type="checkbox"/> Mild sleeping tablets</li> </ul>	<p><b>Over-the-counter medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Diarrhoea medicine</li> <li><input type="checkbox"/> Antihistamines</li> <li><input type="checkbox"/> Motion sickness medicine</li> <li><input type="checkbox"/> Cough suppressants</li> <li><input type="checkbox"/> Medicine for pain and fever (eg. paracetamol, ibuprofen)</li> <li><input type="checkbox"/> Mild laxatives</li> </ul>	<p><b>Supplies to prevent illness</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hand sanitiser</li> <li><input type="checkbox"/> Water purification tablets</li> <li><input type="checkbox"/> Insect repellent</li> <li><input type="checkbox"/> Sunscreen</li> </ul>
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## After your trip

Our doctors can help if you are not feeling well after your trip. Be sure to tell us about your travel, including where you went and what you did on your trip. Also tell us if you were bitten or scratched by an animal while traveling.

Malaria is always a serious disease and may be deadly. If you develop a fever either while traveling in a malaria-risk area or after you return home (for up to 6 months), you should seek immediate medical attention.