

Egypt

Egypt is an increasingly popular destination for Australian travellers. Below is a summary of the major health risks and recommendations for Kenya. It 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

- 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

- 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.
- Polio** All travellers to Egypt should be up to date with vaccinations against polio. This is especially important for:
- Children
 - Travellers who were vaccinated against polio as a child but have never had an additional dose as an adult. Immunity wanes after 10 years and a booster dose is recommended for adults.
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Some travellers

- Hepatitis B** You can get hepatitis B through sexual contact, contaminated needles, and blood products.
- Rabies** Rabies can be found in dogs, bats, and other mammals in this country. You should keep away from animals to avoid the risk of rabies. The vaccine is recommended for these groups:
 - Travellers involved in outdoor and other activities in remote areas that put them at risk for animal bites (such as camping, hiking, biking, 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
 - Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.
- Traveller's diarrhoea** Diarrhoea is unfortunately a common illness for tourists to Egypt. Your doctor may recommend an oral Cholera vaccination to reduce your risk of catching traveller's diarrhoea.
- Yellow fever** There is no risk of yellow fever. Proof of yellow fever vaccination is only required if you are arriving from a country with risk of yellow fever.
- Malaria** The risk of malaria is low in Egypt, especially in areas frequented by tourists. Medications to prevent malaria are generally not recommended for travellers, but you should take care to avoid insect bites and see your doctor if you develop a flu-like illness after your trip.

Stay healthy and safe

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

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

Prevent insect-related illnesses

You can reduce your risk of insect bites by taking these steps:

- 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:

| Prescription medicines | Over-the-counter medicines | Supplies to prevent illness |
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| <ul style="list-style-type: none"> <input type="checkbox"/> Any medications you take regularly <input type="checkbox"/> Anti-malaria medications <input type="checkbox"/> Mild sleeping tablets | <ul style="list-style-type: none"> <input type="checkbox"/> Diarrhoea medicine <input type="checkbox"/> Antihistamines <input type="checkbox"/> Motion sickness medicine <input type="checkbox"/> Cough suppressants <input type="checkbox"/> Medicine for pain and fever (eg. paracetamol, ibuprofen) <input type="checkbox"/> Mild laxatives | <ul style="list-style-type: none"> <input type="checkbox"/> Hand sanitiser <input type="checkbox"/> Water purification tablets <input type="checkbox"/> Insect repellent <input type="checkbox"/> Bed net to prevent insect bites <input type="checkbox"/> Sunscreen (SPF 15 or greater) <input type="checkbox"/> Sunglasses and hat |

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.