

Eastern Europe

Eastern Europe become an increasingly popular destination for Australian travellers since opening up in the past two decades. Unfortunately, health standards in this region are far behind those of Western Europe.

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 you may require

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

Most travellers

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

Some travellers

- 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.**

- Influenza** Influenza is common across Europe during the winter months. You should strongly consider this vaccine if you are at risk of complications from the flu. The vaccine is free for the following groups:
- Pregnant women
 - People aged 65 years or older
 - People with chronic medical conditions (eg. asthma, diabetes, heart problems)

- Rabies** Rabies can be found in dogs, bats and other mammals in Eastern Europe. However, 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 wildlife (eg. wildlife professionals, and researchers).

Stay healthy and safe

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

<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"> • Raw or soft-cooked (runny) eggs • Raw or undercooked meat or fish • Unwashed or unpeeled raw fruits and vegetables • Unpasteurized dairy products
<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 • Unpasteurized milk

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>Prescription medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Any medications you take regularly <input type="checkbox"/> Mild sleeping tablets 	<p>Over-the-counter medicines</p> <ul style="list-style-type: none"> <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 	<p>Supplies to prevent illness</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen
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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.