

Fiji

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.

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"> • 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

Mosquitoes, ticks, and fleas can spread diseases such as malaria, dengue fever and filariasis. Many of these illnesses cannot be prevented with a vaccine or medicine. 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.

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

Most travellers

- Hepatitis A** **Highly recommended.** You can get hepatitis A through contaminated food or water in Fiji, regardless of where you are eating or staying.
- Typhoid** **Recommended for most travellers.** You can get typhoid through contaminated food or water in Fiji, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

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.
- 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.

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
<ul style="list-style-type: none"> <input type="checkbox"/> Any medications you take regularly <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"/> Sunscreen

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.