

Japan

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.

Generally, travel in Japan is safe and no major travel illnesses are prevalent, although influenza outbreaks can happen each winter due to Japan's high population density.

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

Some travellers

- Hepatitis A** Hepatitis A outbreaks occur throughout the world, even in countries with low risk.

- 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.

- Japanese encephalitis** You may need this vaccine if:
 - Your trip will last more than a month, depending on what time of year you are traveling.
 - You plan to spend extended periods in rural areas or will be spending a lot of time outdoors

- Rabies** Rabies is present in bats in Japan. However, it is not found in dogs and 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 bats (such as 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"> • 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

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"/> Altitude sickness medicine <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.