

# Nepal

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><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, 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 this country, regardless of where you are eating or staying.

- Typhoid** **Highly recommended.** Typhoid is common in Nepal. 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.

### 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.

- Japanese encephalitis** Japanese encephalitis can occur in the Terai district, especially June-October. Vaccine not routinely recommended for those trekking in high-altitude areas or spending short periods in Kathmandu or Pokhara en route to such trekking routes. You may need this vaccine if:
- Your trip will last more than a month, depending on where in the country you are going and 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 can be found in dogs, bats, and other mammals in this country. 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 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** You should avoid mosquito bites to prevent malaria. 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.
- Malaria risk is present** throughout the country at altitudes <2,000 m (6,562 ft).  
**There is no malaria risk** in Kathmandu and on typical Himalayan treks.

- 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"><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>	<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>	<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>

## 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.