

# Middle East

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!

<b>Eat</b> <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>	<b>Don't Eat</b> <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>
<b>Drink</b> <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>	<b>Don't Drink</b> <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>

## 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:

<b>Prescription medicines</b> <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>	<b>Over-the-counter medicines</b> <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>	<b>Supplies to prevent illness</b> <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>
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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.

## Vaccines and Medications you may require

### All travellers

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- 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

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

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- 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.
- Polio** You may require a polio vaccine before travelling to the Middle East. This is especially important for these groups:
- 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.
  - Those working in health care facilities, refugee camps or humanitarian aid settings.
- Rabies** Rabies can be found in dogs, bats, and other mammals in the Middle East. The vaccine is recommended for the following 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
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