

Rabies

Rabies can be found in dogs. Although Thailand has been working toward elimination of the disease and the situation has been much improved, travelers are recommended to take prevention if their travel itineraries allow possible exposure to animal bites. Those who plan walking and sight-seeing in local communities should consider having pre-exposure rabies vaccination before starting off. Three intramuscular injections of cell-culture rabies vaccine are required. In case of exposure to animals without prior vaccination, the post-exposure vaccination is usually effective if it is initiated without delay. However, for those who have had pre-exposure vaccination, if they are bitten, they should also seek prompt consultation with the physician for evaluation and consideration for booster vaccination.

Sexually Transmitted Diseases

(STD) and HIV/AIDS

Urethritis remains the most common treatable sexually transmitted disease (STD) among tourists to Asia. Gonorrhea from Southeast Asia is frequently multi-drug resistant. While syphilis become less common, HIV/AIDS is spreading at worrisome speeds in most Asian countries, resulting mostly from unprotected sexual contacts. Promiscuous sex anywhere can be dangerous. For travelers, local sex workers, either of explicit or concealed types, are potential sources of STD and HIV/AIDS. All casual sex should be avoided or strictly protected with the use of condoms.

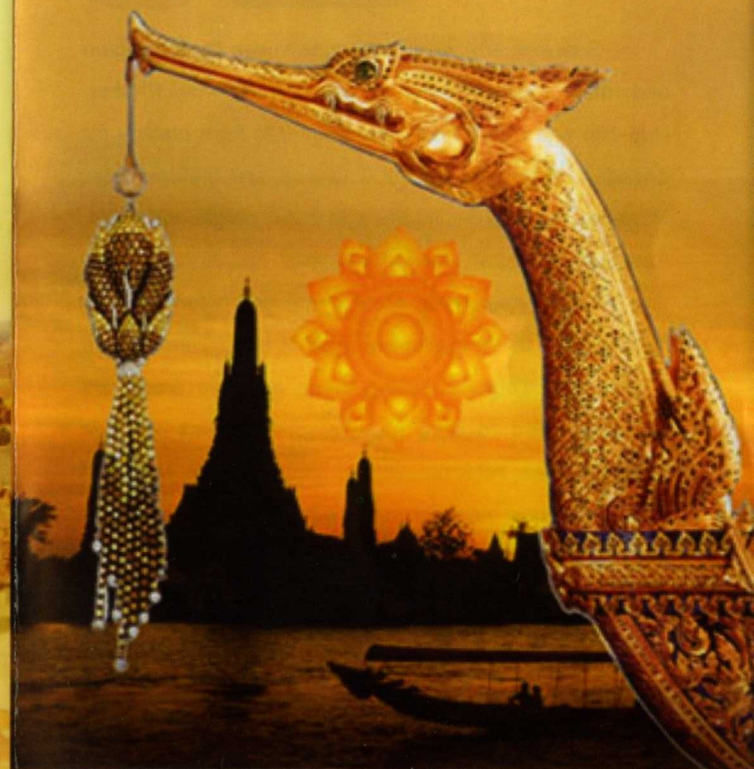


If you are ill during your stay in Thailand, you can consult physician at : a community or provincial hospital, a private hospital or clinic, or your nearest medical center.

For more information, please contact :

- Immigration Medical Office, The Government Complex, Changwattana. Tel. 0 2143 1466
- International Vaccination Room, Bamrasnaradura Institute Tel. 0 2590 3430, 0 2 590 3688
- Port Health office, suwannabhumi International Airport. Tel. 0 2143 0130, 0 2143 0139
- Port Health Office, Bangkok Port. Tel. 0 2240 2057
- Port Health Office. Chiangmai Airport. Tel. 0 5392 2133
- Port Health Office. Hadyai Airport. Tel. 074 251 548
- Port Health Office. Phuket Airport. Tel. 0 7635 1128
- Port Health Office. Laem Chabang Port. Tel. 0 3840 9344
- Port Health Office. Songkla Port. Tel. 0 7433 1206
- Port Health Office. Phuket Port. Tel. 0 7621 1075
- International Communicable Disease Control, Sadao office. Tel. 0 7455 7260

HEALTH ADVICE For Travellers



Welcome to Thailand

Every year millions of tourists set Thailand as one of their favorite destinations. This brochure provides useful tips on how to prevent common illnesses and stay healthy throughout your trip in Thailand.

Malaria



Bangkok and most provinces in the central region and major tourist resorts such as Chiangmai, Phuket, Hua-Hin and Koh Samui have been free from malaria for decades. Now all cities in Thailand are malaria free. However, tourist destinations in rural neighbourhoods. Especially those in the mountainous and border areas are still at certain risks. Most chemoprophylactic drugs have proved to be ineffective against falciparum malaria in Thailand. Tourists visiting these endemic areas are recommended to take general precautions against mosquito bites. After sunset you should stay in screened quarters or use mosquito nets, wear long-sleeved shirts and pants, and apply mosquito repellents. Those who develop fever within two weeks of entry to risk areas should seek prompt medical examination and treatment.

Dengue Fever and Dengue Hemorrhagic fever

These diseases are endemic in Southeast Asia. They are caused by the dengue virus from the bite of *aedes* mosquito that lives in the houses and their neighborhood. This mosquito



bites during the day time. Dengue infection in local people, mostly children, often results in fever with bleeding in the skin and other organs (dengue hemorrhagic fever) which is sometime fatal; but for travelers from non-endemic areas, the infection usually manifests as fever with rash in the skin, severe headache and muscle pain (dengue fever) which is usually non-fatal.

Dengue infection is common in the rainy season (approximately May to September in Thailand) when *aedes* mosquito is abundant. Travelers visiting local households or their vicinity, especially in the rainy season, should be using mosquito repellent even in the day time. Ones who are ill with symptoms suspected of dengue infection should seek medical consultation to establish the cause of the illness.

Diarrhea

Diarrhea is mostly caused by ingestion of food and drinks contaminated with bacteria or viruses. To prevent diarrhea, avoid uncooked food and drink only boiled or carbonated water. Food served at street vendors should be considered at risk. Fresh fruits-vegetable should be adequately

washed with clean water. Fresh salad should be taken only from a salad bar or a restaurant of hygienic standard. Tap water in many Southeast Asian cities is claimed to be safe for drinking, but it is still advisable to stick to safety precautions.

Dengue from diarrhea primarily is the result of the loss of water and electrolytes from the body. If you happen to have diarrhea during your travel, the most helpful remedy is drinking electrolytes solution to replace the loss. Therefore, it is always useful to keep some electrolyte solution sachet in your first-aid kit. If your diarrhea gets worse or does not improve within 12-24 hours, consult the physicians for proper investigation and treatment

Viral Hepatitis

There are two major groups of viral hepatitis. Hepatitis spread by contaminated food and water; hepatitis A and E, are endemic in many parts of Asia. Most local people are immune to these types of hepatitis through natural infection but travelers from better hygienic environments can be receptive to infection. Therefore, travelers are recommended to practice preventive measures against food and water borne diseases, as suggested for diarrhea. An alternative protection for hepatitis A is the immunization with hyper immune serum of hepatitis A vaccine. Consult with the physician at established medical service for the immunization.

Another groups of hepatitis; hepatitis B, C and D are transmitted through contaminated blood and sexual contacts, or passed from infect mothers to their babies at the time of birth; similar to the ways HIV/AIDS is transmitted. This group of hepatitis can be simultaneously and effectively avoided if precautions against HIV/AIDS are strictly taken. However, for those who require immunization, effective against hepatitis B is available at most medical services.