



## Before traveling abroad, take steps to prevent travel-related diseases



Some countries have infectious diseases that are not present in Japan. To ensure that you have a safe overseas stay, educate yourself about the disease threats and the steps you must take to prevent infection.

### Key travel-related diseases you should know

#### ●Diseases transmitted through person-to-person contact

**Measles, mumps, rubella, chickenpox, meningitis, influenza**

#### Any destination in the world

These diseases have highly contagious pathogens, but most are vaccine-preventable. Check your maternity record book and get the necessary vaccinations.

※Please feel free to consult the Health Administration Center.



#### ●Animal-borne diseases

**Rabies, avian flu, MERS**

Any destination other than Japan, UK, and Scandinavia  
Rabies is a viral disease that affects humans and other mammals. It is highly lethal—once clinical symptoms emerge, the result is almost always death. Rabies often occurs in dogs, but it can also occur in other mammals, including raccoons, foxes, and bats. Every year, the disease kills around 50 thousand humans and hundreds of thousands of other mammals.

※It goes without saying that you should keep away from wild animals.



#### ●Mosquito-borne diseases

**Dengue fever, Zika fever, malaria**

Southeast Asia, Africa,

Central and South America

※In these destinations, you should cover up your body with long sleeves and long pants to prevent bites. You should also use mosquito repellent / insecticide.



#### ●Food and water-borne diseases

**Cholera, dysentery, abdominal typhus, hepatitis A**

South Asia, Southeast Asia, Africa, South America  
Be aware that water and food may be contaminated with pathogens.

※You should only drink bottled water. Avoid anything raw or undercooked—eat only fully cooked food. Also, be careful about food from street vendors—they may be using locally sourced untreated water.



### Things to do before your departure

#### ①Get information about your destination

Educate yourself about the disease threats in your destination.



#### ②Get vaccinated

The vaccinations you need will depend on the destination. Ask your doctor about your vaccination requirements at least three months before your departure so that you have plenty of time.

Please feel free to consult the Health Administration Center.



#### ③Get the essential items for your stay

Make sure you have all the items you need to protect your health during your stay. You may need, for example, mosquito spray, alcohol-based hand wipes, or the medications you regularly take.



### If you feel unwell when you return

①If you have experienced symptoms such as a fever or diarrhea or if you have been bitten by a mosquito or animal, please tell a quarantine officer at the airport or seaport on your arrival back in Japan.

②If you experience the above symptoms some time after your return, immediately seek advice at the Health Administration Center or a medical facility. Make sure to mention that you went abroad recently. When you go to a medical facility, please arrange the visit by telephone.

Some infectious diseases can have a long incubation period.

Watch out for any changes in your health condition during the one month period following your return.



Wish you a pleasant and disease-free trip!