

TRAVAX® Traveler Health Report

YELLOW FEVER SUMMARY

Based on a Round Trip with United States as the Home Country

Yellow Fever Requirement Summary				
Country	Transm. Risk	Required From	For Age & Older	See Note
UNITED STATES	No	None	None	
THAILAND	No	Ctry w/ Tr. Risk	9 mos.	
BANGLADESH	No	Ctry w/ Tr. Risk	1 yr.	

Requirement: Official certification of vaccination **is not required for entry** with this itinerary sequence. Health-related requirements for a **visa** may be different; if a visa is necessary, be sure to inquire when applying (up-to-date requirements are not always listed on forms or web sites).

Recommendation: Yellow fever vaccination **is not needed** for health protection when visiting countries on this itinerary.

Additional Requirement & Status Information

- **Bangladesh**
 - **Requirement:** A yellow fever vaccination certificate is required for travelers over 1 year of age coming from countries with risk of yellow fever transmission.
- **Thailand**
 - **Requirement:** A yellow fever vaccination certificate is required for travelers over 9 months of age coming from countries with risk of yellow fever transmission.

OTHER IMMUNIZATION RECOMMENDATIONS

- **Hepatitis A**
 - **Bangladesh, Thailand**
 - *Recommended for:* all travelers.
- **Typhoid**
 - **Bangladesh, Thailand**
 - *Recommended for:* all travelers.
- **Hepatitis B**
 - **Bangladesh, Thailand**
 - *Recommended for:* prolonged stays; frequent short stays in this or other high risk countries; adventure travelers; the possibility of acupuncture, dental work, or tattooing; all health care workers; the possibility of a new sexual partner during stay; and travelers with high potential to seek medical care in local facilities. Consider for short stays in travelers desiring maximum pre-travel preparation. Increased awareness is recommended regarding safe sex and body fluid/blood precautions.
- **Japanese encephalitis**
 - **Bangladesh**
 - Significant risk exists in rural areas throughout the country. Transmission occurs from May to October. *Recommended for:* prolonged stays or frequent short stays in risk areas; shorter rural visits by those with extensive outdoor exposure, such as hikers and adventure travelers; and all long-term urban expatriates due to the likelihood of occasional rural travel. Not recommended for urban areas or short visits to usual rural tourist sites. Evening and nighttime insect precautions are recommended.
 - **Thailand**
 - Significant risk exists in rural areas throughout the country, with much higher risk in the north (Chiang Mai Valley). In northern portions of mainland Thailand, transmission occurs from May to October with epidemic peaks normally in July. In the southern mainland and the isthmus, transmission may occur throughout the year. Sporadic cases are reported from the suburbs of Bangkok. *Recommended for:* prolonged stays or frequent short stays in risk areas; shorter rural visits by those with extensive outdoor exposure, such as hikers and adventure travelers; and all long-term urban expatriates due to the likelihood of occasional rural travel. Not recommended for urban areas (including Chiang Mai city) or short visits to usual rural tourist sites. Evening and nighttime insect precautions are recommended.
- **Rabies**
 - **Bangladesh**

southern Phangnga provinces, excluding usual tourist resorts

- *Insect precautions only are recommended (negligible transmission is reported)*: the islands of Ko Phangan, Ko Phi Phi, Ko Lanta, and all other islands not mentioned above or below; all other mainland areas not mentioned above, including all cities and towns in these areas except Bangkok, Pattaya, Chiang Mai, Chiang Rai, Phuket, and Phangnga.
- *No protective measures are necessary (no evidence of transmission exists)*: the islands of Ko Samui and Ko Samet; the cities of Bangkok, Pattaya, Chiang Mai, Chiang Rai, Phuket, and Phangnga.

Malaria Prophylaxis

Drug choice depends on personal factors discussed between the traveler and medical provider. No preventive measure is 100% effective. Immediate medical attention is necessary for fever or flu-like illness within 3 months after travel in a malaria risk area. Include mention of travel history.

• Thailand

- **Protective measures**: Evening and nighttime insect precautions are essential in areas with any level of transmission. Atovaquone/proguanil (Malarone) and doxycycline are protective in this country.

• Bangladesh

- **Protective measures**: Evening and nighttime insect precautions are essential in areas with any level of transmission. Atovaquone/proguanil (Malarone), doxycycline, and mefloquine are protective in this country.

Issues for Medical Providers to Consider

Factors favoring chemoprophylaxis

- ◆ Adventure travel
- ◆ Risk-averse travelers
- ◆ Vulnerable travelers
- ◆ Immigrants visiting friends and relatives
- ◆ Flexible itineraries
- ◆ Travel longer than 1 month
- ◆ Unreliable medical expertise and/or treatment drugs at destination

Factors against chemoprophylaxis

- ◆ Air-conditioned hotels only
- ◆ Urban areas only
- ◆ Non-transmission season
- ◆ Minimal nighttime exposure
- ◆ Travel shorter than 3 days

See the *Technical Explanation of Malaria Mapping* document for more information.

COUNTRY PROFILE(S)

BANGLADESH

GENERAL INFORMATION

Bangladesh is a developing nation in the lowest 25% of the world's economies. Located between India and the Bay of Bengal in southern Asia, its climate is tropical, with mild winters, hot, humid summers, and a warm, rainy monsoon season.

TRAVELER'S DIARRHEA

- High risk throughout the country including deluxe accommodations in major cities. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

OTHER CONCERNS

• **Current Health Concern - posted November 25, 2011**

Chikungunya: According to Bangladeshi health authorities, 46 confirmed cases of chikungunya fever have been reported in Dohar near Dhaka city (31), Chapai Nawabganj District in the Rajshahi Division (12), and Dhaka city (3) so far this year. These are the first reported chikungunya cases in Bangladesh since 2009. Chikungunya is an arboviral infection, transmitted by mosquitoes. Travelers are advised to practice daytime and nighttime insect precautions.

- **Tuberculosis** is common in all developing countries. However, this country has an incidence of over 100 cases per 100,000 population, the highest risk category. Travelers planning to stay more than 1 month should have pre-departure PPD skin test status documented. Travelers should avoid crowded public places and public transportation whenever possible. Domestic help should be screened for TB.
- **Dengue** fever presents significant risk in urban and rural areas including Dhaka. The highest number of cases is reported from June to December. Daytime insect precautions are recommended.
- **Leishmaniasis** (visceral), transmitted by sandflies, occurs. Evening and nighttime insect precautions are recommended.
- **Chikungunya fever**, an arboviral infection transmitted by mosquitoes, occurs. Daytime and nighttime insect precautions are recommended.

- **Avian influenza H5N1**, excreted in large amounts in the droppings of infected birds, is endemic. Sporadic human cases acquired by direct contact with poultry are reported in this country. The last human case was reported in March 2011. The last case in birds was reported in June 2011. Although risk to travelers is minimal, avoid places where direct contact with birds and/or their secretions may occur, such as live animal markets and poultry farms. Well-cooked chicken is safe to eat. Current influenza vaccines are not protective. Oseltamivir is effective.
- **Arsenic contamination**: Due to widespread arsenic contamination, well water should be avoided.

MEDICAL CARE

- Medical care is substandard throughout the country including Dhaka. Adequate evacuation insurance coverage for all travelers is a high priority. In the event of a serious medical condition, medical evacuation to Bangkok (Thailand) is likely to be necessary. Hospital accommodations are inadequate throughout the country and advanced technology is lacking. Shortages of routine medications and supplies may be encountered.
- For emergency services, call 999 (Dhaka Metro Police Exchange). English may not be spoken. Outside of Dhaka, dial 02-999.
- Ambulance service is limited.
- Cash payment may be required prior to treatment. Because this is primarily a cash economy, credit cards may not be accepted for medical care.
- Rh-negative blood may be difficult to obtain; the blood type of the general Asian populace is Rh positive.

TRAVEL ADVISORY

The material below has been compiled or quoted verbatim from the consular websites of the United States, United Kingdom, Canada, and Australia and, in some cases, the U.S. Overseas Security Advisory Council and internationally recognized media sources. Standard safety precautions that apply to all international travel are not included in this advisory. Please refer to the "Safety and Security" handout for standard precautions.

Visa/HIV Testing

Visa applicants may need to meet specific requirements. Review the application and contact Bangladesh's embassy if you have questions. According to the U.S. Department of State, some HIV/AIDS entry restrictions may exist for visitors to and foreign residents of Bangladesh according to anecdotal reports; however the government of Bangladesh has no written policy regarding the entry of individuals with HIV/AIDS. The government of Bangladesh has informed the U.S. Department of State that if a health officer or immigration officer at the airport has concerns about an individual's possible HIV/AIDS status, they will make a case-specific determination regarding that individual's entry.

Warning against Travel

Due to ongoing security concerns and political instability, a Canadian consular warning currently advises against all travel to the Chittagong Hill Tracts region. Other governments advise against all non-essential travel to the Chittagong Hill Tracts, excluding the city of Chittagong.

Personal Safety

Violent crime, such as armed robbery, occurs in Dhaka and Chittagong. Security threats against foreigners have occurred in various areas, including Chittagong, Sylhet, Feni, and Khulna. Exercise caution when traveling outside urban areas. Attacks using explosive devices have occurred throughout the country, including the cities of Dhaka, Sylhet, Khulna, and Chittagong. Attacks have taken place in crowded public places, hotels, movie theaters, railway stations, and at political rallies. These attacks do not specifically target tourists or foreigners, but the danger is always present.

Pickpocketing, purse snatching, and mugging are common, especially in areas frequented by tourists and expatriates and when traveling by rickshaw or baby taxi. Unaccompanied women face the highest risk. Physical and verbal harassment of women can be a problem. Do not walk alone after dark.

Travelers should avoid protests and political rallies, as they could turn violent without warning. They should be particularly vigilant around the Parliament building, the Secretariat Area, the National Mosque, Dhaka University, the Purana Paltan area, and the Naya Paltan area.

Politically motivated violence can occur at any time. Demonstrations and hartals are frequent. They are called with little advance notice and can turn violent. Explosive devices and firearms have been used during confrontations. Hartals effectively shut down all business and disrupt transportation, including diplomatic/expatriate areas. Passengers at Zia International Airport may be stranded without transportation. During hartals, travel within Dhaka outside the Gulshan, Baridhara, and Banani areas and all travel outside Dhaka should be avoided due to the high incidence of violence.

Pirate attacks and armed robbery against ships occur in coastal waters. Mariners should take appropriate precautions.

Travel

Traffic drives on the left. Road conditions are poor. Fatal head-on collisions on intercity roads are common. Road travel is dangerous and should be avoided after dark since many vehicles operate with headlights or with full high beams. Traffic in urban areas is extremely congested and chaotic. Road accidents causing injuries or death are common.

An International Driving Permit (IDP) is required.

Travelers are strongly urged not to use public transportation, including buses, rickshaws, and three-wheeled baby taxis due to their high accident rate and crime issues. An alternative to consider is a rental car and driver.

Ferries and long-distance buses on major roads between towns have been targeted by gangs of thieves. Exercise caution when using these means of transportation. Ferry disasters have accentuated the poor conditions and overcrowding of this mode of transportation.

Rail travel is slow and derailments occur. Ensure the compartment is locked when traveling at night.

Bangladesh is located in an active seismic zone. The monsoon season extends from June to October. Annual monsoon rains may cause flash flooding and mudslides.

Heat waves may cause countrywide power and water shortages.

The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it does not provide safety oversight of its air carrier operators in accordance with the minimum safety oversight standards established by the International Civil Aviation Organization.

Other

An airport departure tax is normally included in the price of the plane ticket.

Islamic practices and beliefs are closely adhered to in local customs, laws, and regulations. Common sense and discretion should be exercised in dress and behavior. Visitors should dress conservatively. Respect religious and social traditions to avoid offending local sensitivities.

There are reports of mainly female visitors being forced into marriage without their prior knowledge or consent, which violates international human rights law and other legal instruments.

The work week is from Sunday to Thursday.

Penalties for possession, use, or trafficking of illegal drugs are strict. Convicted offenders can face life imprisonment or a death sentence.

The death penalty may be imposed for crimes including murder, trafficking of children, rape causing death, abduction, espionage, and hijacking an aircraft.

Corporal punishment (whipping) may be used as an alternative sentence to jail.

Homosexual activity is illegal.

Public displays of affection are not socially acceptable.

Tourist facilities are minimal.

Load shedding is now a common daily occurrence, with most parts of the country, including Dhaka, having no electricity for many hours. Water is also not supplied on a consistent basis, and several areas of the country go days without any water.

Individuals whose parents are Bangladeshi nationals are considered by the Bangladeshi government to be Bangladeshi citizens.

The currency is the taka. Credit cards are not widely accepted. Traveler's checks can be exchanged at banks and at the airport in Dhaka. U.S. dollar traveler's checks are recommended.

The official language is Bangla, also known as Bengali. English is also spoken.

Bangladeshi customs authorities may enforce strict regulations concerning temporary importation into or export from Bangladesh of items such as currency, household appliances, alcohol, cigarettes, and weapons. Visitors must declare to customs authorities if they

are carrying more than U.S. \$5,000 at the time of arrival. It is advisable to contact the Bangladeshi Embassy or Consulates for specific information regarding customs requirements.

Consular Information

Selected Embassies or Consulates in Bangladesh

- U.S. Embassy: Diplomatic Enclave, Madani Avenue, Baridhara, Dhaka, Tel.: 880-2-885-5500, After Hours Tel: 880-2-885-5500, E-mail: DhakaPA@state.gov, Web: dhaka.usembassy.gov
- Canadian High Commission: United Nations Road, Baridhara, Dhaka, Bangladesh, PO Box 569, Dhaka, Bangladesh, Tel.: 880-2-988-7091, Email: dhaka@international.gc.ca, Web: bangladesh.gc.ca
- U.K. High Commission: United Nations Road, Baridhara, PO Box 6079, Dhaka 1212, Tel: 880-2-882-2705-9, E-mail: Dhaka.international@fco.gov.uk, Web: ukinbangladesh.fco.gov.uk/en
- Australian Embassy: 184 Gulshan Avenue, Gulshan, Dhaka, Tel: 880-2-881-3101, Web: www.bangladesh.highcommission.gov.au

Bangladesh's Embassies in Selected Countries

- In the U.S.: 3510 International Drive, NW, Washington DC, 20008, Tel: 202-244-0183
- In Canada: 340 Albert Street, Ottawa, Ontario, K1R 7Y6, Tel: 613-236-0138, 0139, E-mail: bangla@rogers.com, Web: www.bdhc.org
- In the U.K.: 28 Queen's Gate, London SW7 5JA, Tel: 020-7584-0081
- In Australia: 43 Culgoa Circuit, O'Malley, ACT 2606, Tel: 02-6290-0511, 02-6290-0522, 02-6290-0533, E-mail: bdcommerce@bhcanberra.com, Web: www.bhcanberra.com

THAILAND

GENERAL INFORMATION

Thailand is a developing nation but is in the upper half of the world's economies. Located in Southeast Asia, it has a tropical, monsoonal climate.

TRAVELER'S DIARRHEA

- High risk throughout the country including deluxe accommodations in major cities. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or azithromycin for presumptive self-treatment of diarrhea if it occurs.

OTHER CONCERNS

- **Current Health Concern - updated November 16, 2011** (posted October 31, 2011)
Flood relief work: Heavy rains since August 2011 have resulted in extensive flooding in many areas of the country, primarily in the central provinces north of and surrounding Bangkok. Increased disease risk (gastrointestinal, chikungunya, and dengue fever) in the ongoing aftermath of the flooding is possible. Travelers should avoid exposure to or consumption of non-potable water and practice diligent insect precautions.
- **HIV:** 5% of sex workers in the capital city are estimated to be HIV positive. Travelers should clearly understand STD concepts and risks for HIV transmission.
- **Tuberculosis** is common in all developing countries. However, this country has an incidence of over 100 cases per 100,000 population, the highest risk category. Travelers planning to stay more than 1 month should have pre-departure PPD skin test status documented. Travelers should avoid crowded public places and public transportation whenever possible. Domestic help should be screened for TB.
- **Dengue** fever presents significant risk in urban and rural areas including Bangkok. The highest number of cases is reported from May to September. Daytime insect precautions are recommended.
- **Chikungunya** fever, an arboviral infection transmitted by mosquitoes, occurs. In 2008-09, the most affected provinces were in the southernmost part of the country, and included Narathiwat, Songkhla, Pattani, and Yala. Daytime and nighttime insect precautions are recommended.
- **Rickettsial** disease, including scrub typhus and murine typhus, occurs. Personal protective measures are recommended against exposure to mites in moist rural areas and fleas in areas with where rodents are common.
- **Avian influenza H5N1**, excreted in large amounts in the droppings of infected birds, is endemic. Sporadic human cases acquired by direct contact with poultry are reported in this country. The last human case was reported in September 2006. The last case in birds was reported in November 2008. Although risk to travelers is minimal, avoid places where direct contact with birds and/or their secretions may occur, such as live animal markets and poultry farms. Well-cooked chicken is safe to eat.

Current influenza vaccines are not protective. Oseltamivir is effective.

- **Parasites:** a number of tissue parasites contracted through eating uncooked reptiles, amphibians, or snails are present. Avoid eating this type of meal.
- **Monkey bites** occur among tourists. Monkeys may transmit a number of diseases, including rabies and herpes B. Avoid feeding monkeys; if bitten, immediately soak and scrub the bite for at least 15 minutes, and seek urgent medical consultation.
- **Marine hazards** may include jellyfish, coral, and sea urchins. Dangerous (potentially deadly) jellyfish are present year-round, but particularly during the rainy season. Children are especially at risk, and adults wading, launching boats, or fishing.

MEDICAL CARE

- A high level of medical care comparable to that in other industrialized countries is available in Bangkok. Adequate medical care is available in the rest of the country but is not up to the standards of industrialized countries.
- For emergency services, dial 191.
- Congested roads and a scarcity of ambulances can make receiving timely medical attention difficult. Injured or seriously ill travelers may prefer to take a taxi or private vehicle to the nearest major hospital rather than wait for an ambulance.
- Recompression chambers are located near popular dive sites in Koh Tao, Koh Samui, Phuket, Pattaya, and Bangkok. Before diving, check that facilities are operational.
- Hospitals may require guarantee of payment prior to treatment. Although credit cards are widely accepted in the general economy, there is no clear information as to whether credit cards are accepted for medical care.
- Rh-negative blood may be difficult to obtain; the blood type of the general Asian populace is Rh positive.

TRAVEL ADVISORY

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Visa/HIV Testing

Visa applicants may need to meet specific requirements. Review the application and contact Thailand's embassy if you have questions. According to the U.S. Department of State, some HIV/AIDS entry restrictions exist for visitors to and foreign residents of Thailand; however, these restrictions are generally not enforced. Verify with Thailand's embassy before travel.

Warning against Travel

Due to ongoing violence, civil unrest, and military conflict, a Canadian consular warning currently advises against all travel to the provinces of Narathiwat, Pattani, Yala, and Songkhla (including the city of Hat Yai), all travel to the area between Preah Vihear Province in Cambodia and Sisaket Province in Thailand, and all non-essential travel to border areas in the Thai provinces of Tak and Mae Hong Son. Other governments warn against all travel to the provinces of Yala, Pattani, Narathiwat, and Songkhla and all non-essential travel to areas surrounding the Preah Vihear, Ta Kwai, and Ta Muen Thom temples on Thai-Cambodia border.

Safety Bulletin - posted November 29, 2011

Floodwater from the north is slowly being conveyed by a series of barriers, dikes, and canals through Bangkok en route to the Gulf of Thailand; breaches of these structures have occurred and remain a risk to central Bangkok, although the risk is decreasing. Flooding is widespread in the outer Bangkok metropolitan area but is generally receding throughout the country. Travelers should monitor the situation through local media, be prepared for transportation disruption and reduced availability of basic supplies, and exercise caution in all flood-affected areas. Bangkok's main international airport, Suvarnabhumi, and most tourist destinations, such as Phuket and Chiang Mai, are unaffected by the current flooding.

Personal Safety

There is a threat of terrorist attack in Thailand. Bombings may coincide with symbolic dates or holidays.

The line of the international border in the vicinity of the Preah Vihear temple is disputed by Cambodia and Thailand. Fighting may occur in this area. The far south of Thailand has been experiencing almost daily incidents of criminally and politically motivated violence for several years, including incidents attributed to armed local separatist groups.

There have been instances of fighting and banditry along some sections of the Thai-Burma border.

Petty crime, such as purse snatching, pickpocketing, and theft, is common. Credit card and ATM fraud can occur. Thieves sometimes use razors to slit open purses or bags to remove the contents. Only use reputable transportation companies. Thefts have been reported on the buses and vans that provide transport services throughout the country. Break-ins occur at budget guesthouses, sometimes while guests are asleep in the room. The full moon parties at Koh Phangan and in other locations regularly result in reports of sexual assaults, deaths, arrests, robbery, injuries, drug abuse, and lost travel documents. Sexual assaults against foreign women have occurred. Female travelers should exercise caution at all times.

The political situation in Thailand is unpredictable and sometimes volatile. Many large-scale political demonstrations have taken place.

Pirate attacks and armed robbery against ships in Southeast Asia occur. Mariners should take appropriate precautions.

Jungle treks are not advisable during the rainy season due to the possibility of mudslides. Flash flooding in caves has caused fatalities.

Deaths have occurred as a result of contact with poisonous jellyfish. Riptides in coastal areas can be strong, including the popular destinations of Phuket, Koh Samui, Pattaya, Rayong, and Cha-am/Hua Hin.

Travelers should not leave their passports as collateral when renting motorcycles or jet skis.

Travel

Traffic drives on the left. Paved roads connect major cities, but most have only 2 lanes. Substandard road conditions, local disregard for traffic laws, and drunken driving result in frequent accidents, particularly in the areas of Bangkok, Pattaya, Phuket, and Koh Samui. Speeding and reckless passing is common. Motorists should avoid mountain roads at night.

Visitors may wish to travel around Bangkok using the BTS "Skytrain" or "Airport Rail Link" elevated mass transit systems, or the underground MRT system

An International Driving Permit (IDP) or a Thai driver's license is required to drive in Thailand.

There have been numerous train derailments in Thailand, with some resulting in death and injuries. Rail lines in the far south have been the target of acts of sabotage and armed attack. There have been several incidents of passenger boats sinking due to overcrowding and poor maintenance. Vessels often lack adequate safety equipment.

The rainy (or monsoon) season extends from May to October. Severe rainstorms can cause flash floods and mudslides, interrupt essential services, and delay overland travel, especially in remote locations.

The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it licenses and oversees air carriers in accordance with aviation safety standards established by the International Civil Aviation Organization.

Other

In Thailand, penalties for drug offenses are severe and include the death penalty. The possession of even small quantities of "soft drugs" for recreational purposes can result in lengthy jail sentences and deportation.

Travelers are required to carry identification at all times.

Gambling, with the exception of some horse racing, is illegal in Thailand, and gambling-related scams exist. Travelers should also refuse invitations to join card games for money, as they are usually a scam and are illegal.

It is a criminal offense to make critical or defamatory comments about the king or other members of the royal family in Thailand.

Visitors must carry their passports at all times; failure to do so may result in arrest.

Thailand is a popular travel destination, and tourist facilities and services are available throughout the country.

The currency is the baht (THB). Major credit cards are widely accepted. Traveler's checks are accepted at banks, large hotels, and shops. U.S. dollar traveler's checks are recommended.

Standard Thai is the official language of Thailand and is spoken in every province, though many areas also have a local dialect. In the far south, a variant of Malay is widely spoken.

It is illegal to import more than 200 cigarettes per person into Thailand.

Consular Information

Selected Embassies or Consulates in Thailand

- U.S. Embassy: 95 Wireless Road, Bangkok 10330, Tel.: 66-2-205-4049, E-mail: visasbkk@state.gov, Web: bangkok.usembassy.gov. Consulates: 387 Wichayanond Road, Chiang Mai 50300, Tel.: 66-53-107-700, Web: chiangmai.usconsulate.gov

- Canadian Embassy: 15th Floor, Abdulrahim Place, 990 Rama IV, Bangrak, Bangkok, 10500, Thailand, PO Box 2090, Bangkok, 10501, Tel.: 66-2-636-0540, E-mail: bngkk@international.gc.ca, Web: www.thailand.gc.ca
- U.K. Embassy: 14 Wireless Road, Lumpini, Pathumwan, Bangkok 10330, Tel.: 66-2-305-8333, Web: ukinthailand.fco.gov.uk
- Australian Embassy: 37 South Sathorn Road, Bangkok 10120, Tel.: 66-2-344-6300, E-mail: austembassy.bangkok@dfat.gov.au, Web: www.thailand.embassy.gov.au

Thailand's Embassies in Selected Countries

- In the U.S.: 1024 Wisconsin Avenue, NW, Washington, DC 20007, Tel.: 202-944-3600, Web: www.thaiembdc.org
- In Canada: 180 Island Park Drive, Ottawa, ON, K1Y 0A2, Tel.: 613-722-4444, E-mail: contact@thaiembassy.ca, Web: www.thaiembassy.ca
- In the U.K.: 29-30 Queen's Gate, London SW7 5JB, Tel.: 020-7225-5500, E-mail: csinfo@thaiembassy.org.uk, Web: www.thaiembassyuk.org.uk
- In Australia: 111 Empire Circuit, Yarralumla ACT 2600, Tel.: 02-6206-0100, E-mail: thaican@mfa.go.th, Web: canberra.thaiembassy.org

BASIC PREVENTIVE MEASURES

Most travel-related health problems can be significantly reduced through appropriate behavior by the traveler. Risk can be minimized by adherence to the following measures.

INSECT PRECAUTIONS

- Significant or potentially life-threatening illnesses transmitted by insects are a threat in the tropics and are best prevented by personal protective measures.
- Clothe yourself to reduce as much exposed skin as practicable.
- Apply a repellent containing DEET (concentration 30 to 35%) or picaridin (concentration 20% or greater). The repellent should be applied to all exposed non-sensitive areas of the body. Frequent application ensures continuous protection. The time of day and type of insects to be avoided determine when the repellent should be applied.
- Treat outer clothing with permethrin (or other pyrethroid) when at risk of malaria or other mosquito-borne or tick-borne diseases.
- Sleep under a permethrin impregnated bed net when at risk of malaria.
- If not in a sealed air-conditioned room, ensure all open windows have insect screens.
- Use an aerosol insecticide before going to bed and a vaporizer device throughout the night.
- Outdoors, a smoldering pyrethroid coil can be used to reduce flying insects.

SAFE FOOD and WATER

- Traveler's diarrhea is always caused by something you ate or drank.
- Always wash hands with soap before eating and after using the toilet.
- Avoid purchasing food from dubious eating places, markets, and roadside vendors.
- Flies feed on both feces and food. Avoid buffets where there are no food covers or fly controls.
- Avoid high risk food such as shellfish, undercooked meats and poultry, dairy products, mayonnaise, unpeeled fruits, and salads.
- Avoid both tap water and drinks or ice made from tap water, unless you are advised by a reliable fellow foreigner that they are safe.
- Use sealed bottled water or chemically treated, filtered, or boiled water for drinking and brushing teeth.

BLOOD-BORNE and SEXUALLY TRANSMITTED DISEASES (STDs)

- STDs, hepatitis B, and HIV are generally more prevalent in developing countries. Unprotected casual sex whether with the local population or with fellow travelers is always high risk.
- Inhibitions are diminished when traveling away from the social constraints of home. In addition, excess alcohol and other recreational drugs can influence behavior and encourage unintentional risk exposure.
- HIV and hepatitis B may be transmitted through blood, blood products, and contaminated surgical or dental instruments. These may be required following accidents or trauma. Consider carrying a needle and suture kit for high risk areas. If possible, defer medical treatment and travel to a facility where safety can be assured. Tattooing and body piercing carry similar risks.

SAFETY and CRIME AVOIDANCE

- Make sure at least one other person knows your whereabouts and expected schedule at all times.
- Use extra caution in tourist sites, market places, elevators, crowded subways, train stations and festivals, and avoid marginal areas of cities.
- Use only "registered" taxis, preferably radio taxis.

- Avoid visible signs of wealth in dress or jewelry.
- Be constantly attentive to surroundings and be wary of any stranger who engages you in any form of conversation or touches you in any way no matter how accidental the contact may appear to be.
- Carry only a photocopy of your passport face page and legal entry stamp; leave the actual passport in a hotel safe or at your residence.
- Wear your hand bag across your chest to prevent it from being snatched.
- Familiarize yourself with common local scams and distraction techniques.
- If you are confronted, give up your valuables. Money and passports can be replaced; you cannot.
- U.S. citizens can register foreign trip and residence information with the Department of State at travelregistration.state.gov/ibrs, which facilitates communication and assistance in case of an emergency.

Safety In the Hotel

- Keep your hotel door locked at all times.
- Look for fire safety instructions in your hotel room. Familiarize yourself with escape routes upon arrival.
- Keep valuables in the room safe or the hotel safe.

Safety When You Drive

- Try to drive with windows closed.
- Keep car doors locked at all times.
- Wear seat belts at all times.
- Avoid driving at night or alone, and never drive outside urban areas after dark.
- Don't drink and drive.
- Never drive a motorcycle or scooter abroad.
- If available, long-stay and business travelers should arrange a locally purchased mobile phone to be in the vehicle whenever traveling.

SWIMMING and WATER EXPOSURE

- Currents, tides, and underwater hazards put swimmers at risk of drowning. Heed posted warnings at organized beaches, and do not bathe at unmarked, unpatrolled beaches.
- Avoid any exposure, even wading, in any part of any body of water known to be infected with schistosomiasis (bilharzia).
- Do not swim in water where there is sewage contamination or algae present.
- Do not walk on any beach after dark no matter how apparently busy, well-lit, or patrolled.

RABIES

- Never presume an animal is free of rabies.
- Don't stroke or handle pets or unknown animals. Children need to be closely supervised.
- If bitten, scratched, or licked on broken skin, cleanse the wound immediately with soapy water and seek postexposure treatment for rabies.

SKIN/WOUND CARE

- Broken skin may become infected and lead to serious problems. Any bite, cut, or broken skin should be cleaned with safe water. Apply an antiseptic as a solution or spray. Avoid creams since they can trap dirt.
- Increasing pain, redness, or discharge from a cut suggests a spreading infection and may require antibiotic treatment. Seek medical help.

TUBERCULOSIS

- Tuberculosis is prevalent in most developing countries and also presents risk in certain developed countries. Avoid crowded public transportation or crowded public places which are poorly ventilated.
- Distance yourself immediately from anyone with a chronic or heavy cough.
- Screen domestic help for tuberculosis.
- Long-stay residents should have a TB skin test pre-departure and once per year thereafter.

PRE-TRAVEL CHECKLIST

- Before departure, if you are using medication or have a medical condition, ensure adequate supplies of medication for the full journey and that they are securely packaged in their original containers and carried in more than one place. You should have a letter from your physician, stating your condition and the medications and/or medical supplies you are carrying.

- Always arrange adequate medical and evacuation insurance when traveling. Ensure all pre-existing medical issues are declared to the insurer so that non-covered conditions are ascertained in advance. Have the contact details recorded and accessible at all times during travel.
- Pre-departure medical and dental exams are advised.
- Pack a spare pair of eyeglasses or contact lenses, and adequate cleansing solution if applicable.
- If you have concerns about jet lag, altitude illness, or motion sickness ask your travel health provider about medications that may be suitable for you.
- Pack sunglasses, wide-brimmed hats, sunscreen lotions, and lip protection to avoid sun exposure problems during travel.

Shoreland's recommendations, which focus primarily on the risk to the individual traveler, reflect a synthesis and reconciliation of available authoritative advice from CDC, WHO, and other global authorities as well as ongoing surveillance and the published literature. These recommendations may differ from those of individual countries' public health authorities. Furthermore, Travax country-specific recommendations pertain to healthy adult travelers. Guidance regarding pediatric and special needs travelers can be found under the relevant topic in the Travax information library.

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