

World ARC Travel Vaccines

For personalised advice and to ensure you receive the correct doses, it is best to consult a travel health clinic or your general practitioner several weeks in advance of your departure to World ARC.

Specific requirements based on your home country immunisation and travel plans, can be found on national guidance.

Here are some sources:

UK National Travel Health Network Centre: <https://travelhealthpro.org.uk/countries>

CDC Traveler's Health page: <https://wwwnc.cdc.gov/travel/destinations/list>

World Health Organisation: <https://www.who.int/>

Before travelling, you should confirm you are up to date on your routine childhood and adult immunisations.

- **Routine Vaccines:** Ensure you are up to date on routine immunisations including MMR (measles, mumps, rubella), Tdap (tetanus, diphtheria, pertussis), polio, chickenpox (varicella).
- **Hepatitis A:** Recommended for most travellers as it can be contracted through contaminated food or water.
- **Hepatitis B:** Recommended for travellers who may have sexual contact, get medical procedures, or have contact with blood while whilst abroad.
- **Typhoid:** Recommended for travellers who may be eating outside of typical restaurants or are adventurous eaters.
- **Rabies:** Recommended if you are a long-term traveller and in remote areas where medical care is delayed.

Additional considerations by country

Y - Yellow fever vaccine is required for travellers coming from a country with risk of yellow fever

M - Consider malaria prophylaxis

P - Precautions should be taken to avoid mosquito bites such as using effective mosquito repellent and wearing protective clothing

	Yellow Fever	Malaria prophylaxis	Mosquito-borne diseases
Saint Lucia	Y		P
Panama (canal area)	Y		P
Panama (remote areas)	Y	M	P
Galapagos	Y		
French Polynesia	Y		P
Tonga			P
Fiji			P
Vanuatu (Tanna, Erromango, Efate)		M	P

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	Yellow Fever	Malaria prophylaxis	Mosquito-borne Diseases
Australia	Y		P
Indonesia, Lombok	Y	M	P
Christmas Island	Y		
Cocos Keeling	Y		
Mauritius	Y		P
Réunion			P
South Africa		M	P
Namibia	Y	M	P
Saint Helena			
Brazil			P
Grenada	Y		