



## BOSNIA AND HERZEGOVINA

### ABOUT BOSNIA AND HERZEGOVINA VACCINATIONS

Bosnia-Herzegovina is a south-eastern European nation located on the coast of the Adriatic Sea. In the north, the weather is generally mild and snowfall is light, although it can sometimes get bitterly cold in winter. The mean inland January temperature is -3°C, and the mean July temperature is 17°C.

#### OVERALL RISK

Medium Risk - Preventable disease occur sporadically or at moderate levels. Consult a Travelvax clinic for your specific risk if travelling outside resorts, 5 star accommodation or for periods longer than a few days.

#### MALARIA RISK

No risk to travellers.

### VACCINE PREVENTABLE DISEASES

#### YELLOW FEVER

No certificate required and no risk to travellers.

#### COVID-19

For the most up to date requirements for entry into Australia, go to [Smarttraveller](#).

Please click this [COVID-19 Travel Regulations Map](#) (IATA) to view the latest Bosnia and Herzegovina COVID travel requirements.

#### HEPATITIS A

Moderate risk to travellers, vaccination recommended.

#### HEPATITIS B

Low presence of Hepatitis B in local population, discuss whether vaccination would be recommended with a medical practitioner. Vaccination is recommended for specific high-risk travellers (sport/adventure/occupational/sexual). Consult a medical practitioner for your specific risk.

#### TYPHOID

Moderate risk for most travellers. Vaccination recommended for travel to smaller cities, villages and rural areas outside usual tourist routes. Some medical conditions pre-dispose to infection; whether vaccinations would be recommended

should be discussed with a medical practitioner. Consult a medical practitioner for your specific risk.

## **INFLUENZA**

Northern hemisphere winter risk (November to April). Most common vaccine preventable illness in travellers. Vaccine recommended, effective for 1 year.

## **RABIES**

Disease present. Recommendation for vaccination will depend on specific itinerary and activities planned. Generally rabies vaccination is advised for high risk individuals such as veterinarians or animal handlers, cavers. Additionally for higher risk travellers who plan: extended periods outdoors, rural travel, adventurous activities including bicycling; also expats or long-term travellers to endemic regions and children (risk of more severe or risk-prone bites and may not report contact at all).

## **JAPANESE ENCEPHALITIS**

No risk to travellers.

## **POLIO**

No risk to travellers.

## **TICKBORNE ENCEPHALITIS**

Vaccine is available in Australia - medical practitioners must apply through the special access scheme of the TGA. Recommended for high risk travellers: long-term residents, stays in rural and forested areas, campers and hikers, consuming unpasteurised dairy products. The disease is most active from April through August.

## **MENINGOCOCCAL MENINGITIS**

Low risk to travellers.

## **CHOLERA**

No risk to travellers.

## **OTHER DISEASES**

### **TRAVELLERS DIARRHOEA**

Moderate risk. Travellers' Diarrhoea affects 20-60% of overseas travellers, food and water precautions are essential. Self-treatment medications may be recommended.

### **INSECT-BORNE DISEASES**

No risk to travellers.

### **SCHISTOSOMIASIS**

No risk to travellers.

### **STIs**

Low incidence of sexually transmitted and blood-borne diseases. Safe sex and needle precautions should be followed by all travellers.

### **ALTITUDE**

Altitude illness is a risk to travellers ascending higher than 2000 meters. Preventative medication is available. Consult a medical practitioner if ascending to 2000 metres or above.

## ADDITIONAL INFORMATION

### PERSONAL SAFETY

In order to check before and during travel for any high-risk areas visit the Smartraveller website. Avoid unnecessary displays of wealth or valuables and minimise the amounts of cash carried. Keep secure records of passport/credit card/licence numbers. For more safety tips visit: [www.smartraveller.gov.au](http://www.smartraveller.gov.au).

### MEDICAL CARE

Limited medical facilities available. Unless travelling with a well-equipped organisation, a high level of self-sufficiency in terms of first aid kits and sterile equipment is recommended. An evacuation contingency should be a part of your travel insurance. Check for any contacts supplied by your emergency assistance organisation (nominated by your travel insurer) or with IAMAT (International Association of Medical Assistance for Travellers).

### FIRST AID KITS & ACCESSORIES

Always carry an [advanced first aid kit](#), including needles and syringes (shortages of sterile equipment are common). A prescription kit (containing treatments for travellers' diarrhoea) is essential. A [mosquito net](#) and [insect repellent](#) (containing DEET, Citriodiol or Picaridin) are highly recommended, even if anti-malarials are taken.

**More information on Bosnia and Herzegovina is available during your pre-travel consultation with Travelvax. Call 1300 360 164 for the location of the clinic nearest to you.**