



## NORWAY

### ABOUT NORWAY VACCINATIONS

Running the length of the western and northern edges of the Scandinavian Peninsula and having Europe's most northerly point, the Kingdom of Norway offers mountains, fjords and glaciers aplenty. The west receives the most rainfall and average temperatures in the capital Oslo vary between 18°C in July and -3°C in January.

#### OVERALL RISK

Low Risk - Preventable disease at similar rates to Australia. Consult a Travelvax clinic for your specific risk based on the information set out below.

#### 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 Norway COVID travel requirements.

#### HEPATITIS A

Low risk.

#### 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

Low risk for most travellers. 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**

Low risk to travellers.

### **INSECT-BORNE DISEASES**

No risk to travellers.

### **SCHISTOSOMIASIS**

No risk to travellers.

## **STIs**

Sexually transmitted and blood-borne diseases occur. The risk to travellers can be greatly reduced by practising safe sex with any new partner. All travellers should carry condoms. Blood borne diseases (HIV, Hepatitis B & C) can be spread by blood transfusion, tattooing, body piercing or non-sterile needles. Travellers in high risk groups should carry sterile needles (see also Medical Care).

## **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**

Comprehensive medical facilities accessible throughout the country. 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**

For stays outside high-quality accommodation, carry a [mosquito net](#) and [insect repellent](#) (containing DEET, Citriodiol or Picaridin).

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