



# CHINA

## ABOUT CHINA VACCINATIONS

Most of China is mountainous or semi-desert, with only the southern most regions in the monsoon-dominated tropics. During summer, moist ocean air brings heavy rains to eastern China, although hot, humid, summer weather is more typical. In contrast, Siberian air masses dominate in winter and may even penetrate to the southern regions. Winters feature dry, clear days with low humidity and lower temperatures. During late winter and spring, strong north winds sweep across north China, and hazy days caused by dust storms are common. Beijing's spring is mostly dry, with frequent strong winds that stir up heavy dust storms. The weather turns hot and humid in July and August. Autumn is popular time with travellers, with many warm and pleasant clear days and little wind. Winter (Dec-Mar), is cold, dry, and windy, with only occasional light snow. China is still the world's most populous nation and encompasses vast landscapes and millennia of history to provide an entertaining holiday for even the most avid of travellers. The varied districts also offer a number of business opportunities. The information below is intended to make sure you get the correct injections, vaccinations and advice for China.

### 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

Malaria is present, whether or not anti-malarial medications are recommended will need to be discussed with a medical practitioner. Consult a Travelvax clinic for long stays or significant level of outdoor activities.

## VACCINE PREVENTABLE DISEASES

### YELLOW FEVER

A yellow fever vaccination certificate is required from travellers aged 9 months or over arriving from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hours through the airport of a country with risk of yellow fever transmission. This requirement does not apply to travellers whose itineraries are limited to Hong Kong Special Administrative Region (SAR) and Macao SAR.

No certificate required for direct travel from Australia or New Zealand.

### HEPATITIS A

Moderate risk to travellers, vaccination recommended.

### HEPATITIS B

Moderate presence of Hepatitis B in local population. Vaccination would be recommended.

## 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

Disease present. Seasonal risk will vary by country. Whether vaccinations will be recommended will depend on itinerary, length of stay, type of travel etc and needs to be discussed with a medical practitioner. Risk is highest around pig farms and in agricultural areas. Mosquito avoidance measures are highly recommended all year round. Consult a medical practitioner for your specific risk, particularly if travelling during the wet season.

## POLIO

No risk to travellers.

Additional information:

Following the detection of **vaccine-derived poliovirus**, it is recommended to ensure polio vaccinations are up to date - see *below*. [Temporary recommendations](#) regarding polio vaccination, which are updated regularly by the WHO, advise that affected states:

- Encourage residents and long-term visitors to receive a dose of IPV four weeks to 12 months prior to international travel? those undertaking urgent travel (i.e. within four weeks) should be encouraged to receive a dose at least by the time of departure.
- Ensure that travelers who receive such vaccination have access to an appropriate document to record their polio vaccination status.

## 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

Disease is present, however the risk is low for the majority of travellers. Peace corp, volunteers, refugee workers etc need to consider vaccination. All travellers should take food and water precautions. Consult a medical practitioner for your specific risk.

## 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

Diseases such as [Dengue](#), [Chikungunya](#), [Zika](#) may be present. Seasonal risk will vary by country. Whether preventive measures will be recommended will depend on itinerary, length of stay, type of travel etc. and needs to be discussed with a medical practitioner. For those countries with disease present, risk is highest in urban and semi-urban areas, but may also occur in rural areas; [insect avoidance measures](#) are highly recommended all year round. Travelvax believes that the best defence is to understand their habits, dress properly and use an [effective insect repellent](#) in the correct manner. Consult a medical practitioner for your specific risk.

## SCHISTOSOMIASIS

Swimming or bathing in freshwater is the main cause of infection. Avoid freshwater contact if you are unsure of origin.

## 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

Carry a basic [first aid kit](#), customised to your activities. For longer stays consider a needle and syringe pack and medication for travellers diarrhoea.

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