



## ECUADOR

### ABOUT ECUADOR VACCINATIONS

Located in the west coast of South America, the Andes ranges divide the country into three distinct sections, each with a different climate: The Costa, tropical lowlands 16-160 km wide along the Pacific coast, with Guayaquil the major city, are generally hot and humid, but moderate on the coast; the Sierra, a highland plateau (900-3,000 meters) where Quito is located is generally cooler, particularly in the evening; and the Oriente, low-lying jungle east of the Andes, which makes up about half the country, is more humid. Equatorial forests cover much of Ecuador; the rest comprises cultivated farmland, some arid scrubland near the coast and barren mountain ranges.

#### 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

Disease is present.

**Country requirement at entry:** a yellow fever vaccination certificate is required for travellers aged 1 year or over arriving from Brazil, Democratic Republic of the Congo and Uganda and for travellers having transited for more than 12 hours through an airport of the same countries.

WHO vaccination recommended for all travellers aged 9 months or over going to the following provinces east of the Andes below 2300 m: Morona-Santiago, Napo, Orellana, Pastaza, Sucumbios and Zamora-Chinchipe, and the province west of the cordillera, Esmeraldas.

Generally not recommended for travellers whose itineraries are limited to the following provinces west of the Andes including below 2300 m: Guayas, Los Rios, Santa Helena and Santo Domingo de los Tsachilas, and designated areas of Azuay, Bolivar, Canar, Carchi, Chimborazo, Cotopaxi, El Oro, Imbabura, Loja, Pichincha and Tungurahua.

Not recommended for travellers whose itineraries are limited to all areas above 2300 m, the cities of Guayaquil and Quito, and the Galápagos Islands. It should be noted that, although urban areas (cities) and the Galapagos Islands are not risk areas for yellow fever, the jungle area of the Amazon Region of Ecuador – where the provinces of Orellana, Sucumbios, Pastaza, Napo, Morona Santiago, Zamora Chinchipe and the coastal province of Esmeraldas are found and where the vectors *Haemagogus* spp. and *Sabethes* spp. are transmitters of the disease – is considered risky and endemic for the circulation of the virus.

Travellers arriving in Australia within 6 days of leaving this country require proof of vaccination - exception if itinerary in Ecuador is limited to Galápagos Islands.

(1) Yellow fever vaccination is generally not recommended in areas where there is low potential for exposure to yellow fever virus. However, vaccination might be considered for a small subset of travellers to these areas, who are at increased risk of exposure to yellow fever virus (e.g. prolonged travel, extensive exposure to mosquitoes, inability to avoid mosquito bites). When considering vaccination, any traveller must take into account the risk of being infected with yellow fever virus, country entry requirements, as well as individual risk factors (e.g. age, immune status) for serious vaccine-associated adverse events.

*Travelvax note:* We advise that this information is discussed with a yellow fever licenced practitioner.

## COVID-19

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

Please click this [COVID-19 Travel Regulations Map](#) (IATA) to view the latest Ecuador 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

Year round risk present. 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

No risk to travellers.

## MENINGOCOCCAL MENINGITIS

Low risk to travellers.

## CHOLERA

No risk to travellers.

## OTHER DISEASES

### TRAVELLERS DIARRHOEA

High 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

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