



## NEW ZEALAND

### ABOUT NEW ZEALAND VACCINATIONS

Two main islands with widely varying geographical features form this south-western Pacific nation. Overall, the temperate climate has influences from both the sea and the mountains, however weather in northern districts is considered sub-tropical while interior regions of the South Island are alpine.

#### 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.

#### HEPATITIS A

Low risk.

#### HEPATITIS B

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

#### TYPHOID

Low risk for most travellers. Consult a medical practitioner for your specific risk.

#### INFLUENZA

Southern hemisphere winter risk (May to October). 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**

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**

No particular need outside personal requirements. Travellers involved in adventurous activities (trekking, cycling, camping, etc) should always carry an appropriate first aid kit. Consult a medical practitioner for the need to carry an [insect repellent](#) containing DEET, Picaridin or Citriodiol.

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