



## PERU

### ABOUT PERU VACCINATIONS

Peru is characterised by four distinct geographic areas: coastal deserts, the lofty 'sierra' mountains, the Andes eastern slopes and the forest-covered Amazon and Madre de Dios river basins. Summer (mid-December to April) on the coast features warm, sunny days and cool comfortable nights. February is the warmest month (averaging 26°C) with high humidity. The coastal winter extends from June to November and is cold, damp and overcast for much of the season. Although rainfall is low, mist and fog is common. In the highlands, there are two distinct seasons: rains from Dec-April then dry and warm for the rest of the year.

#### OVERALL RISK

High Risk - Preventable disease is much more common than in Australia. Consult a Travelvax clinic for your specific risk.

#### 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. No yellow fever certificate required on entry.

Vaccination is recommended for all travellers aged 9 months or over going to areas below 2300 m in the regions of Amazonas, Loreto, Madre de Dios, San Martin and Ucayali, Puno, Cuzco, Junín, Pasco and Huánuco; and going to designated areas of the following regions: far-north of Apurímac, far-northern Huancavelica, far-north-eastern Ancash, eastern La Libertad, northern and eastern Cajamarca, northern and north-eastern Ayacucho, and eastern Piura.

Generally not recommended<sup>(1)</sup> for travellers whose itineraries are limited to the following areas west of the Andes: regions of Lambayeque and Tumbes and the designated areas of western Piura and south, west and central Cajamarca.

Not recommended for travellers whose itineraries are limited to the following areas: all areas above 2300 m altitude, areas west of the Andes not listed above, the cities of Cuzco and Lima, Machu Picchu, and the Inca Trail.

<sup>(1)</sup> 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.

Travellers arriving in Australia within six days of leaving this country require proof of vaccination.

*Travelvax Note:* We recommended that this advice 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 Peru COVID travel requirements.

## 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

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