



## VENEZUELA

### ABOUT VENEZUELA VACCINATIONS

Venezuela comprises four regions, dominated by several mountain ranges and the Orinoco River. The coastal plain is hot and humid; the area south of the Orinoco, which is the largely unexplored Guyana Highlands and whose climate ranges from temperate to tropical; a plains areas north of the river which is barren and parched during summer and flooded in the rainy season; and, spurs of the Andes which take in the Maracaibo Basin and a temperate coastal area.

#### 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. A yellow fever vaccination certificate is required for travellers over 1 year of age arriving from Brazil and for travellers having transited for more than 12 hours through an airport in Brazil.

Vaccination is recommended for all travellers aged 9 months or over, except as mentioned below.

Generally not recommended<sup>(1)</sup> for travellers whose itineraries are limited to the following areas: the entire states of Aragua, Carabobo, Miranda, Vargas and Yaracuy, and the Distrito Federal.

Not recommended for travellers whose itineraries are limited to the following areas: all areas above 2300 metres in elevation in the states of Merida, Trujillo, and Tachira; the States of Falcon and Lara; Margarita Island; the capital city of Caracas; and the city of Valencia.

<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 6 days of leaving this country require proof of vaccination.

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

## 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**

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