

# **BELGIUM**

# **ABOUT BELGIUM VACCINATIONS**

Belgium, a northern European country, is divided into two distinct regions: a level, fertile area to the northwest and the hilly, wooded region, the Ardennes, to the southeast. Its variable climate is characterised by moderate temperatures, prevailing westerly winds, regular but not abundant rainfall, and little snow. Summer temperatures average 16°C.

#### **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.

### 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 Belgium COVID travel requirements.

#### **HEPATITIS A**

Low risk.

#### **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**

Low risk for most travellers. 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**

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

No risk to travellers.

#### **INSECT-BORNE DISEASES**

No risk to travellers.

#### **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**

No risk to travellers.

# **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.

#### **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

Carry a basic <u>first aid kit</u>, customised to your activities. For longer stays consider a needle and syringe pack and medication for travellers diarrhoea.

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