

Preparation for Travel to China 2019

The following information was obtained from cdc.gov and personal experience.

Vaccines and Medicines

Routine Vaccines- Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Recommendations for Most Travelers to China

Hepatitis A The CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in China, regardless of where you are eating or staying.

Typhoid You can get typhoid through contaminated food or water in China. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

Stay Healthy and Safe While Traveling

Vaccines cannot protect you from all diseases in China, so your behaviors are important.

EAT AND DRINK SAFELY

Unclean food and water can cause travelers' diarrhea and other diseases. Reduce your risk by sticking to safe food and water habits.

Eat:

- Food that is cooked and served hot
- Fruits and vegetables you have washed in clean water or peeled yourself

Don't Eat:

- Food from street vendors
- Raw or soft-cooked (runny) eggs, meat, or fish
- Unwashed or unpeeled raw fruits and vegetables

Drink:

- Bottled water that is sealed OR water that has been disinfected
- Carbonated drinks, hot coffee or tea
- Pasteurized milk

Don't Drink:

- Tap or well water or ice made with tap or well water
- Unpasteurized milk



Prevent Bug Bites

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent (see below).
 - DEET
 - Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
 - Oil of lemon eucalyptus (OLE) or PMD
 - IR3535

Stay Safe Outdoors

If your travel plans in China include outdoor activities, take these steps to stay safe and healthy during your trip.

- **Protect yourself from UV radiation:** use sunscreen with an SPF of at least 15, wear protective clothing, and seek shade during the hottest time of day (10 a.m.–4 p.m.).
- Stay well hydrated.
- Do not swim in freshwater in developing areas or where sanitation is poor.

Keep Away from Animals

All animals can pose a threat, but be extra careful around dogs, bats, monkeys, sea animals such as jellyfish, and snakes. If you are bitten or scratched by an animal, immediately:

- Wash the wound with soap and clean water.
- Go to a doctor right away and tell your doctor about your injury when you get back to the United States.

Avoid Getting Sick:

- Wash your hands often, especially before eating and after using the bathroom.
- If soap and water aren't available, clean hands with hand sanitizer (containing at least 60% alcohol).

Some Extra hints

- Leave a copy of your itinerary, contact information, credit cards, and passport with someone at home.
- Pack as light as possible, and leave at home any item you could not replace.
- Carry contact information for the nearest [US embassy or consulate](#).
- Carry a photocopy of your passport and entry stamp; leave the actual passport securely in your hotel.
- Do not wear expensive clothing or jewelry.
- For girls: pack enough personal hygiene supplies to cover your trip.