

Pinpoint Travel Health Brief

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Your trip

- 1** Luanda, Angola
On 17 August 2023
- 2** Nairobi, Kenya
On 24 August 2023

Returning on 31 August 2023, a total of 15 days



Disease risks and vaccines for your trip

Mandatory

Yellow Fever

Yellow fever is spread through the bite of an infected mosquito.

Yellow Fever is recommended in Luanda, Angola

Yellow Fever Certificate

Yellow Fever Certificate Description

Because you are visiting Angola

A yellow fever vaccination certificate is required from travelers over 9 months of age.

Because you are visiting Angola before your arrival in Kenya

A yellow fever vaccination certificate is required from travelers over 1 year of age arriving from countries with risk of yellow fever transmission.

Vaccines

Yellow fever vaccine is given as a single shot. The vaccine lasts for life for most people, but a booster after 10 years is recommended for certain people.

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/yf.html>

Recommended

Rabies

- ** Rabies is a viral disease affecting the central nervous system
- ** Usually transmitted through bite or scratch of infected animals (e.g., dogs, bats, raccoons)
- ** Symptoms include fever, headache, muscle weakness, paralysis, seizures
- ** Almost always fatal once symptoms appear
- ** Travellers are at risk of contracting rabies in countries where the disease is common
- ** Precautions include avoiding contact with animals, seeking medical attention if bitten or scratched, and getting vaccinated before travel

Rabies is recommended in Luanda, Angola, Nairobi, Kenya because of:

- You are going to come into direct contact with mammals, including dogs.
- You are working with or around animals.

Rabies is recommended in Nairobi, Kenya, Luanda, Angola

Rabies is recommended in Nairobi, Kenya, Luanda, Angola because of:

- You are going to come into direct contact with mammals, excluding dogs.

Vaccines

Rabies vaccine for pre-exposure protection is 3 doses, the second dose being given 7 days after dose 1 and dose 3 given either 21 days or 28 days after Dose 1.

Polio

Polio is mainly caught from person-to-person contact. It can also be spread by consuming food or drinks that are contaminated with the feces of an infected person.

Polio is recommended in Luanda, Angola

Vaccines

Polio

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/ipv.html>

Malaria

Malaria is caught if bitten by an infected mosquito.

Malaria is recommended in Luanda, Angola

Recommended Antimalarials

- 2 Atovaquone-proguanil
- 2 Doxycycline
- 2 Mefloquine
- 2 Tafenoquine

Unsuitable Antimalarials

- Chloroquine
-

Hepatitis B

Hepatitis B is caught when blood, semen, or other body fluid infected with the Hepatitis B virus gets into your bloodstream.

Hepatitis B is recommended in Luanda, Angola, Nairobi, Kenya because of:

- You are at risk of exposure to blood or other body fluids.

Vaccines

Hepatitis B vaccine is usually given as 2, 3, or 4 shots over 1 to 6 months.

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/hep-b.html>

Hepatitis A

Hepatitis A is caught through contact with the feces (stool) of people who are infected. This can easily happen if someone does not wash his or her hands properly. You can also get Hepatitis A from contaminated food, water, or objects.

Hepatitis A is recommended in Nairobi, Kenya, Luanda, Angola

Vaccines

Two doses of Hepatitis A vaccine, given at least 6 months apart, give long lasting protection. A further booster is only then required 25 years after the second dose.

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/hep-a.pdf>

Typhoid Fever

Typhoid is caught through contact with the feces (stool) of people who are infected. This can easily happen if someone does not wash his or her hands properly. You can also get typhoid from contaminated food, water, or objects.

Typhoid Fever is recommended in Luanda, Angola, Nairobi, Kenya

Typhoid Fever is recommended in Nairobi, Kenya, Luanda, Angola because of:

- You are at risk of exposure to contamination from feces.

Vaccines

Typhoid vaccines are available as an injection (1 dose at least 2 weeks before travel with a booster every 2 years), or as oral form (4 doses: one capsule taken every other day for a week. The last dose should be given at least 1 week before travel. A booster dose is needed every 5 years).

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/typhoid.html>

To be considered

Meningococcal Disease (*Neisseria meningitidis*)

Meningococcal disease is caught through close contact (coughing or kissing) or lengthy contact, especially among people living in the same household.

Vaccines

Meningococcal Disease (*Neisseria meningitidis*)

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mening.html>

Other disease risks

HIV

HIV is spread through certain body fluids, including blood, sexual fluids (like semen and vaginal or rectal fluids) and breast milk. Most people get HIV from having unprotected sex (including vaginal or anal sex) with someone who has HIV, or from sharing needles or other drug injection equipment with someone who has HIV.

<https://wwwnc.cdc.gov/travel/diseases/hiv>

Dengue

Dengue is viral disease caught if bitten by an infected mosquito. There is no vaccine or medicine to prevent dengue. The only way to prevent dengue is to prevent mosquito bites.

<https://wwwnc.cdc.gov/travel/diseases/dengue>

Chikungunya

Chikungunya is virus caught if bitten by an infected mosquito.

<https://wwwnc.cdc.gov/travel/diseases/chikungunya>

Zika

Zika

<https://wwwnc.cdc.gov/travel/diseases/zika>

African Trypanosomiasis (African Sleeping Sickness)

African trypanosomiasis (African sleeping sickness) is a parasitic disease spread by the tsetse fly.

<https://wwwnc.cdc.gov/travel/diseases/african-sleeping-sickness-african-trypanosomiasis>

African Tick-Bite Fever

African tick-bite fever is a bacterial infection that is spread through the bite of infected ticks. There is no vaccine or medicine that prevents African tick-bite fever.

<https://wwwnc.cdc.gov/travel/diseases/african-tick-bite-fever>

Tuberculosis (TB)

TB is spread through the air from one person to another when a person with TB coughs, sneezes, speaks, or sings.

<https://wwwnc.cdc.gov/travel/diseases/tuberculosis>

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