

Travelling Healthy

Yellow Fever

General Information:

Yellow Fever is a viral disease spread between humans by a mosquito. If infected people experience a mild illness 3-6 days after exposure including fever, nausea, vomiting, flushed face, headache, muscle pains, stomach discomfort.

In severe cases, there is a remission of these symptoms, usually of about 24 hours, then they reappear and the person develops jaundice (yellow skin and eyes), slowing pulse and vomiting of blood. There is a 20-50% death rate in people with the severe form of Yellow Fever.

Yellow fever occurs in parts of Africa and Central South America.

Yellow Fever Vaccination:

Yellow Fever vaccine is almost totally effective in preventing disease and is given as a single dose of live virus.

The vaccine is valid from 10 days after the injection is given and lasts for 10 years.

Side effects are generally minimal. 2-5% of people may experience mild headache, low grade fever or tiredness 5-10 days after vaccination.

Symptomatic treatment such as rest, increased fluids and paracetamol are all that is usually required if these side effects are experienced.

Yellow Fever Vaccination and a completed International Certificate are required for certain countries as condition of entry, or if arriving to countries from infected areas eg from Zaire to Australia. In some cases there is no requirement for Yellow Fever Vaccination, however the vaccine may still be recommended, if the country is in a Yellow Fever endemic zone.

Those who should not have the vaccination include:

- Babies under 6 months
- Pregnant women
- People with a hypersensitivity to eggs
- People who have reduced immunity eg people with cancer or having steroid therapy.

Persons unable to be vaccinated due to the above conditions will receive an officially stamped letter of exemption from Yellow Fever Vaccination.

Persons receiving the Yellow Fever Vaccination will receive an officially stamped International Certificate. They will also need to remain in the clinic for 20 minutes after the vaccination in case a reaction occurs.

Prevention:

To prevent contracting any mosquito borne illness, you need to avoid being bitten by Mosquitoes.

Measures taken to avoid being bitten are as follows:

- Before you go, treat mosquito nets, sheets, t-shirts etc., with Permethrin, which markedly improves protection.
- Wear light coloured clothing.
- Wear clothes that cover as much of your body as possible. If possible tuck your top into your trousers, your trousers into your socks. (Mosquitoes can bite through some clothing.)
- Apply repellent that contains 20% DEET (RID) to exposed skin.
- Do not use repellents on wounds or broken skin.
- Avoid shady outdoor areas in the late afternoon
- Only take late afternoon siestas in screened or air-conditioned accommodation or under an effective mosquito net.
- Avoid being around water areas in the evening.
- Sleep in screened and/or air-conditioned rooms.
- Use mosquito nets over the bed if the room is not screened, do not sleep next to the net, or you can be bitten through the net.
- Use mosquito coils and insect repellent if there are mosquitos in the room.
- Avoid perfume and strong smelling soaps.

Contact Us:

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