

RABIES & TRAVEL

RISK – Do You Know That Rabies Exists In The Dogs and Other Mammals In The Country You Are Visiting?

Travelers Use Caution!

Educate Yourself: death from rabies in travelers has occurred either from NOT knowing when to seek treatment or NOT receiving adequate post-exposure treatment.

Rabies can occur anywhere in the world and any mammal, domestic or wild, can have rabies. Travel to developing countries in Asia, Africa, And Latin America brings additional risk due to the high rate of dog rabies and the difficulty of obtaining appropriate post-exposure treatment.

Rabies is a fatal disease caused when the rabies virus enters the central nervous system and infects the brain. The virus can be transmitted in the saliva of a rabid animal that has bitten or scratched a traveler. Rarely, rabies can occur if a traveler's open wound, abrasion, or mucous membrane is contaminated by the saliva or brain tissue of a rabid animal.

For a map of high risk areas visit the WHO map library: <http://gamapservr.who.int/mapLibrary/>

PREVENTION TIPS – Do You Know What To Do To Avoid Bites?

In Developing Countries:

- Don't feed or pet animals
- Be wary of animals snatching food from your hands
- Avoid direct contact with dogs, cats, monkeys, and bats

Consider Pre-Trip Vaccinations If You Are:

- Traveling in a developing country where dog rabies is common
- A frequent traveler to developing countries
- A long-stay traveler
- Traveling in a region with limited access to safe rabies vaccine and human rabies immune globulin (HRIG)
- Working with animals
- Unable or unwilling to travel to another country for appropriate care, if needed

Pre-Exposure Vaccination:

- A series of 3 shots given in the arm on days 0, 7, 21, or 28
- Provides protective antibodies against rabies
- Eliminates the need for HRIG
- Reduces the post-exposure treatment to 2 doses

Remember, prompt treatment after and exposure remains vital.

Yes, it is costly, but consider the cost as pro-rated over your lifetime of travel! The pre-trip series does not need to be repeated prior to subsequent travel.

TREATMENT – Do You Know What To Do If You Are Bitten?

If you are bitten, scratched, or exposed to a potentially rabid animal, especially dogs, cats, monkeys, or bats:

IMMEDIATELY Cleans thoroughly all bites, wounds, and scratches with soap and water, followed by a disinfectant, such as iodine or alcohol.

Seek medical attention as quickly as possible. The treatment you receive will be based on whether you have received rabies vaccine previously:

Vaccination status

Post-exposure treatment

Not vaccinated	Immediately clean the wound with soap, water and a disinfectant. Four 1mL doses of a cell culture rabies vaccine, injected in the arm on days 0, 3, 7, and 14 (per CDC 10/6/2009). As much of the one dose HRIG as can be injected in and around the wound site.
Vaccinated	Immediately clean the wound with soap, water, and a disinfectant. Two 1mL doses of a cell culture rabies vaccine, injected in the arm on days 0 and 3. No HRIG required

After your trip: notify your state or local health department or the CDC for advice if you receive post-exposure treatment outside the United States.

Modern rabies vaccines are cell-cultured vaccines made from inactivated rabies virus. Avoid unsafe rabies vaccines and/or procedures that may be still used in developing countries.

For More Information:

CDC: www.cdc.gov/ncidod/dvrc/rabies

World Health Organization International Travel and Health:

www.who.int/topics/rabies/en

US State Department: www.state.gov/travel