

Cholera: A cholera epidemic in Angola from 1 January to 25 April has infected 11,000 persons of whom 633 have died. 42 deaths occurred from 25 April to 2 May though situation has improved. Angola is listed as cholera-infected area by our quarantine service.

Yellow Fever: The total number of cases notified by Brazil since 1 January is 18, mostly in Minas Gerais state.

Meningococcal Meningitis: The epidemic in Sudan had infected 26,191 people, of whom 1,780 had died.

Dengue: No recent information is available on the epidemic reported some weeks ago in Palau and Indonesia.

Traveler's Health Guide (1)

Many people go visiting relatives on Mainland China or go abroad for sightseeing. Communicable diseases have been either completely eradicated or very much under control in the Taiwan Area, they are, however, still prevalent in other countries and areas. Travelers may thus bring in these diseases from abroad or even die of these diseases. A **Traveler's Health Guide** has thus been prepared by the Department of Health to remind them the importance of prevention. The **Epidemiology Bulletin** will publish it in series with detailed information on various communicable diseases.

Forewords

With the rapid economic development in the recent years, many people go visiting their relatives on Mainland China or go abroad for sightseeing. To prevent them from bringing in from abroad communicable diseases that have never been or completely eradicated in the Taiwan Area, this **Guide** with information on various communicable diseases and health promotion has been prepared for your information. We sincerely wish you "happily depart and safely return!" Bon voyage!

Health Guide for Travelers

1. Immunization

At present, three diseases are internationally quarantined: cholera, yellow fever, and plague. Some countries may ask incoming passengers for yellow book (immunization certificate). The kinds of immunization required vary from country to country and from time to time, it is advisable to check with the travel agent before departure and to have the required immunization early in advance. The effective date of each immunization varies, some may even produce some side effects, one should never wait until the last minute to have the immunization. For cholera and yellow fever, please contact your local health bureau.

Certificate of immunization against non-quarantable diseases is not required. However, for your own health, if you are visiting epidemic areas, please consult your doctor for precaution before departure.

2. Physically unfit for overseas travel

Have a physical examination (including dental) before departure. Any defects should be treated before departure. In general, persons with the following conditions are not advised to make overseas trip:

- 1) acute illness
- 2) chronic alcoholism
- 3) severe heart diseases
- 4) severe disease of the lung and asthma
- 5) severe epileptic
- 6) heavy cold and sinusitis
- 7) during recovery period after operation
- 8) early pregnancy and expectant woman
- 9) other conditions as per your physician's suggestion.

3. Before departure

- 1) Have your medicines for diabetes, heart diseases, etc. ready (with clear instruction for dosage and use). Take along your medical record.
- 2) Bring some first-aid medicines such as pain-killer, anti-diarrhea medicine, iodine tincture, and antidiarrheals with you. Anti-malaria medicines are available at the airport for passengers visiting malaria infected areas.
- 3) Bring your own toilet articles. Shower is recommended.
- 4) Have one spare pair of eye-glasses.

4. Before boarding and during flight
 - 1) Request the airline staff for special services such as wheel chair, extra oxygen, and non-smoking area while checking in.
 - 2) Don't smoke and drink too much on the plane. Drink more water and juice.
 - 3) Take a walk every one or two hours to improve the blood circulation.
5. During travel
 - 1) Watch for safety. Check the fire escape and life saving facilities of the hotel. Don't drive in a left-hand side driving area.
 - 2) Watch for food hygiene.
 - 3) Avoid mosquito and insect bites.
 - 4) Prevent the infection of sexually transmitted diseases.
6. Home again
 - 1) For passengers returning from epidemic areas, to prevent the entry of diseases into the country, local health bureau will notify them for necessary examination. To protect your health, please follow the instructions.
 - 2) Some diseases have a long incubation period, AIDS for six months to seven years for instance. If you don't feel well, please consult your doctor immediately. Tell him the places you have been to help his diagnosis.

***Global distribution of AIDS (by 30 June 1988): 100,410**

Country/Area	No.	Country/Area	No.
Asia	243	Africa	11,753
Japan	66	Uganda	2,369
Thailand	12	Kenya	1,497
India	9	Tanzania	1,608
Philippines	13		
Hong Kong	12	Europe	12,594
Mainland China	2	France	3,628
Singapore	4	West Germany	2,091
Indonesia	1	UK	1,463
Malaysia	5	Italy	1,865
South Korea	3		
Israel	58	Americas	74,862
Turkey	9	USA	65,099
ROC	5	Canada	1,775
		Brazil	2,956
		Haiti	1,374
		Oceania	958
		Australia	872

(WHO, WER, 1988, 63:204-205)

Director-General, Department of Health Chun-Jen Shih, MD.		Consulting Editors Kwo-Hsiung Hsu, MS.
Director, Bureau of Disease Control Cheng-Hua Chuang, MD.	Editors Yue-Fen Wang, DDS, MPH. Shiow-Ing Wu, DDS, MPH. Chao-Chun Shu, MPH.	Hsu-Mei Hsu, MS. MPH.

REPUBLIC OF CHINA
EXECUTIVE YUAN
DEPARTMENT OF HEALTH
BUREAU OF DISEASE CONTROL
P.O. BOX 91-103 TAIPEI, TAIWAN, R.O.C.
TEL: (02) 3921932

R.O.C. EXECUTIVE YUAN/G.I.O. PUBLICATION NO 4485
PRINTED BY FEAN YANG PRINTING ENTERPRISE CO., LTD.
12, LANE 62, SIN SHAN S. ROAD, SEC. 2, TAIPEI