

★ JAPANESE ENCEPHALITIS ★

Japanese encephalitis is a viral infection transmitted by mosquitoes. Many individuals infected with Japanese encephalitis virus will have very mild or no symptoms. In some cases, infection can cause inflammation of the brain resulting in headache, high fever, disorientation, coma, tremors and fits and may result in permanent brain damage or be fatal.

Vaccination is the most effective form of prevention against Japanese encephalitis.

Risk regions

The risk of infection is highest in Asian countries, including popular travel destinations such as Indonesia. Very rare outbreaks have occurred in the outer Torres Strait Islands (see map).



It should also be noted that Japanese encephalitis virus has recently been introduced to Australia.

Key risk areas are likely to include the Kimberley region of WA, the Northern Territory and northern Queensland. Although cases have also been reported in Victoria, New South Wales and South Australia.

★ CHIKUNGUNYA ★

Chikungunya is a viral infection transmitted by mosquitoes in a range of overseas countries. Symptoms include fever, severe joint and muscle pain, headache, nausea, fatigue and rash and usually persist for weeks, but in some cases can continue for months to years.

There is no cure or vaccine for chikungunya.

Risk regions

The risk of infection has traditionally been highest in Africa and Asia. More recently, the disease has emerged in countries in the Pacific and Indian Ocean regions as well as south-east Asia and the Caribbean (see map).



★ OTHER MOSQUITO-BORNE DISEASES ★

Be aware that there are many other mosquito-borne diseases that occur world-wide. It is recommended that you always see your doctor before heading overseas to understand the risks associated with your travel plans.

★ DON'T LET MOSQUITOES BITE INTO YOUR HOLIDAY ★

Whilst there are vaccines for some of these diseases prevention of mosquito bites is your first line of defence against any mosquito-borne disease.

Mosquitoes are commonly active outdoors and between dusk and dawn. However, some species that transmit disease will bite indoors and during the day.

★ COVER UP. REPEL. CLEAN UP. ★

Many mosquitoes are at their biting best around dusk and dawn, but some will bite day and night.



COVER UP

Wear long, loose-fitting, light coloured clothing to cover exposed skin.



REPEL

Apply insect repellent containing DEET (diethyltoluamide), picaridin or Oil of lemon eucalyptus (OLE), also known as PMD, evenly to all areas of exposed skin.



CLEAN UP

Stop mosquitoes breeding around your holiday accommodation by removing, emptying or covering water holding containers.

For more information

Contact the Department of Health or visit healthywa.wa.gov.au/FighttheBite

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Government of Western Australia
Department of Health

★ ★ ON HOLIDAY OVERSEAS ★ ★

★ FIGHT *the* BITE ★



PROTECT YOURSELF

against

DISEASE-CARRYING MOSQUITOES



★ COVER UP. REPEL. CLEAN UP. ★

★ MOSQUITO-BORNE DISEASES OVERSEAS ★

In some overseas countries, mosquitoes can transmit serious and potentially fatal diseases, such as:

- ★ Dengue
- ★ Malaria
- ★ Yellow fever
- ★ Japanese encephalitis
- ★ Chikungunya.

There is no cure for mosquito-borne diseases. Preventative anti-malarial medication and a vaccine for Yellow fever and Japanese encephalitis are available but must be sought before you leave.

Plan. Prepare. Pack.

- ★ Visit your doctor at least 6 weeks before you leave to determine if you require a vaccine or preventative medication.
- ★ Research your holiday destination and know the health risks.
- ★ Pack long, loose-fitting, light coloured clothing.
- ★ Pack or purchase a chemical-based insect repellent containing DEET, picaridin or Oil of Lemon Eucalyptus (OLE), also known as PMD.
- ★ Pack a mosquito net, if required.
- ★ Consider travel insurance.

★ DENGUE ★

Dengue is a virus that causes severe flu-like symptoms including fever, headaches, muscle and joint pains, rash, nausea and vomiting.

There are five different strains of dengue virus. An initial infection will result in dengue fever. A subsequent infection with a different strain can lead to a severe form of the illness that may be fatal if not treated appropriately.

The mosquito that transmits dengue breeds in water-filled, man-made containers in urban areas. It is often found near or inside buildings and bites during the day.

There is no vaccine or cure for dengue.

Risk regions

The risk of infection is high in Indonesia (Bali), Vietnam, Thailand and India, however, dengue occurs in a wide range of countries. If you are travelling to northern Queensland, occasional outbreaks of dengue virus occur (see map).



★ MALARIA ★

Malaria is a parasitic disease transmitted by mosquitoes. There are five different species of malaria parasite that can cause disease in people.

Symptoms include headache, fever, chills, fatigue, nausea and vomiting. In severe cases, infection can lead to coma, seizures, anaemia, breathing difficulties and may be fatal if not treated appropriately.

Anti-malarial medication is available to prevent infection. Your doctor will advise you if this treatment is necessary and can provide recommendations on the best treatment for your destination and length of time away.

Risk regions

The risk of infection is high in Africa, Central and Southern America, the Pacific or south-east Asian countries such as Cambodia, Laos, Myanmar and southern Vietnam (see map).



★ YELLOW FEVER ★

Yellow fever is a viral infection that can lead to two distinct phases of disease. The first phase results in fever, muscle pain, headache, nausea and vomiting. Some patients will enter a more serious, toxic phase where the fever returns, jaundice occurs and blood appears in the vomit. The toxic phase may be fatal if not treated appropriately. Once infected, there is no specific treatment for the disease.

Vaccination is the most effective form of prevention. A Yellow Fever International Certificate of Vaccination may be required to enter other countries and to re-enter Australia, if you have visited areas where the disease is endemic.

Risk regions

Yellow fever occurs predominantly in regions of South and Central America and west and central Africa (see map).

