

Travel hospital



Extensive info, price list for vaccinations, appointments can be found at: www.reiskliniek.net



Planning a (tropical) trip?

The Jan Yperman Hospital travel clinic is an accredited vaccination centre and provides the necessary vaccinations and health advice when travelling to (sub)tropical destinations.

In this brochure you'll find:

- Information on the most common conditions and their symptoms
- Prevention measures
- Treatments



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Fever in the first 3 months after return?

Always consider the possibility of a malaria infection and/or other tropical disease.

Book an urgent appointment through the travel clinic secretariat on 057 35 71 80. Outside working hours through the emergency department.



Free travel consultations on Wednesdays from 13:00 to 15:00.

- Sign up before 15:00.
- Keep in mind possible waiting times.
- No free consultations on public holidays.
- You do not need to confirm by phone for a free travel consultation.
- Do you prefer to make an appointment? Book your appointment via: www.reiskliniek.net

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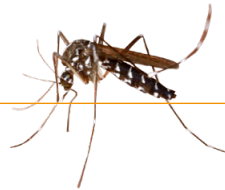
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Malaria

Malaria is a tropical disease caused by a parasite that enters the body through a mosquito bite. Symptoms include fever, headache, chills and muscle aches.

So preventing mosquito bites is very important! The mosquitoes that transmit malaria sting between sunset and sunrise.



Reduce the risk of mosquito bites.

1. Sleep under an impregnated mosquito net.
2. In the evenings, wear clothes that cover arms and legs as much as possible.
3. Use insect repellents such as **DEET 20-30%** (available without prescription). Apply to non-covered parts of the body every 4-6 hours.

Preventive malaria pills (prescription only)



- Atovaquone Proguanil® 250/100 mg
- Atovaquone Proguanil Junior® 62.5/25 mg

Instructions for use:

- Begin taking 1 day before departure. Take the medication during your stay in the malaria area, and continue it for 7 days after leaving the malaria area.
- Take it at a fixed time each day, with a high-fat meal/milk drink.

DOSAGE FOR ADULTS

| WEIGHT | DOSE PER DAY |
|------------|---------------------------------------|
| from 40 kg | 1 tablet Atovaquone Proguanil® |

DOSAGE FOR CHILDREN

| NAME OF CHILD | WEIGHT | DOSE PER DAY |
|---------------|----------|--|
| | 5-7 kg | 1/2 tablet Atovaquone Proguanil Junior® |
| | 8-10 kg | 3/4 tablet Atovaquone Proguanil Junior® |
| | 11-20 kg | 1/4 tablet Atovaquone Proguanil® or 1 tablet Atovaquone Proguanil Junior® |
| | 21-30 kg | 1/2 tablet Atovaquone Proguanil® or 2 tablets Atovaquone Proguanil Junior® |
| | 31-40 kg | 3/4 tablet Atovaquone Proguanil® or 3 tablets Atovaquone Proguanil Junior® |

Possible side effects (usually mild): decreased appetite, vomiting, diarrhoea and headache.

Other possible preventive malaria pills

Doxycycline® 100 mg: from 8 years of age, not during pregnancy.

Instructions for use:

- 1 tablet per day.
- Take with plenty of water (no milk) or during meals.
- Begin taking 1 day before departure, take the medication during your stay in the malaria area. Continue it for 4 weeks after leaving the malaria area.

Possible side effects: fungal infections, rash after sun contact.

Lariam® 250 mg

Instructions for use:

- 1 tablet per week.
- Take on the same day each week. In the evening with a meal.
- **Standard schedule:** begin taking 3 weeks before departure, take the medication during the stay in the malaria area, and continue until 4 weeks after leaving the malaria area.
- **Quick schedule:** only when there is insufficient time and when this medication was well tolerated in the past. Spread the first 3 tablets over the available days before your departure. Take the fourth tablet on the day of arrival in the malaria area. Continue to take it during your entire stay and for 4 weeks after leaving the malaria area.

Possible side effects: sleep disturbances, palpitations, convulsions, psychological problems, ... **Stop taking immediately in case of serious side effects!**

Emergency treatment for malaria (prescription only)

Are you travelling to an area with a moderate risk of malaria and not taking preventive malaria pills? Then, in certain circumstances, it is recommended to take an **emergency treatment for malaria** with you. Take this when you have malaria symptoms (such as high fever) and cannot consult a doctor within 24 hours.

EMERGENCY TREATMENT ADULTS + CHILDREN > 35 KG

Artemether/Lumefrantine® Riamet 20/120 mg

- Take 4 tablets each time at the following times:
 - 4 tablets when you have symptoms
 - 4 tablets 8 hours after the first dose
 - 4 tablets 24 hours after the first dose
 - 4 tablets 36 hours after the first dose
 - 4 tablets 48 hours after the first dose
 - 4 tablets 60 hours after the first dose
- Take with food or a milk drink

EMERGENCY TREATMENT ADULTS

Atovaquone/Proguanil® 250/100 mg

- Take 4 tablets at a time, 3 days in a row (so a total of 12 tablets).
- Always take at the same time with food or a milk drink.



An adjusted dose is needed for children!

Then seek medical attention as soon as possible to confirm the diagnosis. This way, you can be sure you are getting the right treatment.

Rabies

Rabies is a viral, fatal infectious disease that affects the nervous system. Rabies is transmitted by an infected mammal (usually dogs, sometimes cats, monkeys, bat-mice, etc.) via a bite, a scratch injury, or a lick in an existing wound.



Preventive vaccination

The preventive vaccination against rabies consists of 2 doses with a 7-day interval. Such a preventive vaccination gives partial protection. The immune system is 'primed', resulting in faster and higher antibody formation after booster vaccination.

If you had a dangerous contact with a mammal, you will need additional (booster) vaccinations anyway.

What after dangerous contact with a mammal?

1. Wash each wound thoroughly with soap and water for 15 minutes. Then disinfect with alcohol 70%.
2. Consult a doctor immediately, even if you received preventive vaccinations.
3. Have you not been vaccinated preventively? Then you will need rabies-specific antibodies in addition to vaccinations. Keep in mind that these antibodies are difficult or unavailable outside Europe!



Yellow fever

Five to 10 days after yellow fever vaccination, 10-30% people experience mild flu-like symptoms (fever, muscle aches, joint pain). Suffering from these symptoms after your vaccination? You can take Paracetamol.

The Belgian guidelines recommend a single booster vaccination before the next trip to a yellow fever area. Exceptions will be discussed during the travel consultation.

Altitude sickness

If you stay in areas higher than 3000 m, you may experience headaches, lack of appetite, nausea and insomnia.

- To prevent altitude sickness, you can take **Diamox®** 250 mg (by prescription) preventively.

Instructions for use:

- Take half a 250 mg tablet twice a day (8:00 - 16:00).
- Start on the day before arriving at 3000 m or higher. Continue taking it until 2 days after reaching the maximum height.
- When you go back down (> 3000 m) you can stop taking it.

Possible side effects: tingling and taste disorders, urinating more often than usual (so drink plenty during heavy efforts).



Traveller's diarrhoea.

Traveller's diarrhoea is the most frequent travel-related infectious disease. It is usually caused by eating or drinking food or water contaminated with bacteria. Sometimes also due to a virus or parasite. Treatment of traveller's diarrhoea depends on the symptoms.

Frequent watery diarrhoea (most common)

Symptoms: watery thin stool, several times a day.

Treatment:

- Take an antidiarrheal medication, **available without a prescription.**
- Drink plenty of water.

ADULTS

- Loperamide e.g. Immodium®
- 1 capsule, after each watery bowel movement
 - Maximum 4 capsules per day (max. for 3 days)

- Tiorfix® 100 mg (capsules)
- Maximum 3 capsules per day

CHILDREN

Do not give Loperamide to children under 6 years of age!

- Tiorfix® 10 mg Baby® (sachets)
- 3 months to 9 kg: 1 sachet, max. 3 per day
 - 9-13 kg: 2 sachets, 3x/per day

- Tiorfix® 30 mg Junior® (sachets)
- 13-27 kg: 1 sachet, max. 3 sachets per day
 - > 27 kg: 2 sachet, max. 3 x 2 sachets per day



Suffering from diarrhoea? Drink plenty of water! Add salt and/or sugar if necessary. Or drink a ready-made salt and sugar solution such as ORS®.

Diarrhoea with alarming symptoms

Symptoms: watery thin stool **with fever, severe abdominal cramps, blood and/or mucus.**

Treatment:

- Take antibiotics, **available only on prescription.** Do not take Loperamide in case of diarrhoea with alarming symptoms!
- Drink plenty of water.

ADULTS

- Antibiotic tablets:
- Azithromycine® 1000 mg**
= 2 tablets of 500 mg
- To be taken once

CHILDREN

- Antibiotic syrup:
- Azithromycine® syrup**
= 10 mg/per kg/per day
- According to weight: once a day, for 1 to 3 days



It is not always necessary to take antibiotics with you when travelling. We discuss this during the travel consultation, as it depends on personal health, trip duration, destination and circumstances.

Temporarily interrupt medication in case of diarrhoea:

Notes



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