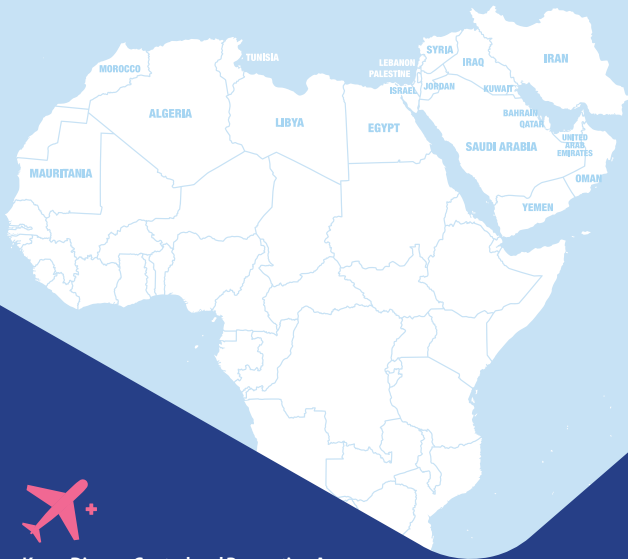




Korea Disease Control and
Prevention Agency



Korean Society of
Infectious Diseases



Korea Disease Control and Prevention Agency
Korean Society of Infectious Diseases

Things you must know for a healthy and safe **travel in the Middle East and Northern Africa**

Checklist for Travel Preparations:

1 Check information on outbreaks of infectious diseases in countries you will be traveling to

Prior to your trip, check information on outbreaks of infectious diseases in the corresponding regions through websites such as 해외감염병NOW to prepare for a healthy and safe travel experience.



해외감염병NOW
(<http://해외감염병now.kr>)



Travel warning from the
Ministry of Foreign Affairs for
safe overseas travel
(<https://www.0404.go.kr/>)



Website of the Korean
Embassy in the region you will
be traveling to

2 Visit a traveler clinic

- Visit a traveler clinic or an infectious disease department
- Receive vaccinations for the prevention of infectious diseases or consult and obtain prescriptions for preventive medications
- Acquire necessary health information for the areas you will be traveling to

* It is advisable to visit the hospital 2~4 weeks before your trip, as it takes at least 2~4 weeks for vaccinations to take effect.

3 Download applications

- 해외안전여행 국민외교 (Android/iOS)
- Obtain real-time safety information and be prepared for emergency situations through accompaniment services
- 영사콜센터 (Android/iOS)
- Use the consultation phone of the consulate call center for free in the event of an emergency
- 응급의료 상담서비스 (Kakao-Talk channel)
- Receive 24/7 medical consultations from emergency medicine specialists in the event of an emergency

Daily necessities



Sunglass



UV block



Long-sleeve
shirt / cardigan



Insect repellent



Household
insecticide



Portable hand
sanitizer

Medicine



Seasickness pill



Fever reducer



Anti-diarrheal
medicine



Digestive
medicine



Band-Aid



Medicine for
insect bites

Miscellaneous



Traveler's
insurance

Vaccination for Prevention of Infectious Diseases

Generally required vaccination for overseas travel

Vaccination	Persons recommended for vaccination	Vaccination schedule
Hepatitis A	Travelers without immunity traveling to developing countries (in particular those under the age of 40)	2 doses (Initial and 6th to 12th months)
Hepatitis B	Travelers without immunity	3 doses (Initial, 1st and 6th months)
Tetanus-diphtheria- (pertussis)	Adults without a history of vaccination during infancy or additional vaccination within the last 10 years	Additional vaccination every 10-years (if no history of vaccination during infancy, 3 doses, and additional vaccination every 10 years after the basic vaccination (Initial, 1st and 6th to 12th months))
Measles-mumps-rubella	Travelers without immunity traveling to developing country	1 dose (vaccination without antibody test is more cost-effective)
Chickenpox	Travelers without immunity traveling to developing country	2 doses (initial and 1st~2nd months, antibody test required)
Polio	Travelers for long-term travel to developing country	1 additional vaccination after reaching adulthood
Meningococcus	Travelers to infected regions (in particular, Central Africa, Saudi Arabia) and those in living in a group for a prolonged period	1 dose and re-vaccination after 5 years
Typhoid fever	Travelers to developing country	1 dose and re-vaccination every 2-years
Cholera	Travelers to developing country (in particular, for volunteer activities at refugee camps)	2 doses (1~6-week interval) and 1 additional vaccination every 2 years (oral administration)
Japanese encephalitis	Travelers to regions with Japanese encephalitis infection	1 or 3 doses (varies for each vaccine)
Yellow fever	Regions with yellow fever in Africa and Central America, and countries that require a vaccination certificate	1 dose (vaccination at least 10 days prior to visiting infected regions)
Influenza	Travelers to infected regions (in particular, rural regions in South America and Southeast Asia) for more than 1 month, 6 months after the last vaccination	3 doses (initial, 7th and 28th days)

Vaccinations recommended for travel to the Middle East and North Africa

In general, hepatitis A and tetanus vaccinations are recommended if you are planning to travel to Africa. However, the recommendations may vary depending on the country and city you will be traveling to, and your health conditions. Therefore, it is advisable to consult a medical specialist for personalized advice.

Vaccination	Number of vaccinations and vaccination status (enter date)			
Hepatitis A	1 st	2 nd		
Hepatitis B	1 st	2 nd	3 rd	
Tetanus-diphtheria- (pertussis)	1 st	2 nd	3 rd	
Measles-mumps-rubella				
Chickenpox	1 st	2 nd		
Polio				
Meningococcus				
Typhoid fever				
Cholera				
Japanese encephalitis				
Yellow fever				
Influenza				



- Vaccination check**
 - Check your vaccination status through the 나의건강기록 PHR application
- Issuance of your vaccination certificate from**
 - 정부24 (www.gov.kr)
 - 예방접종도우미 (nip.kdca.go.kr)

Traveler's Insurance

Consider purchasing traveler's insurance before your travel to prepare for any delays, accidents or illnesses that may occur during your travel.



✓ **Be sure to check specific coverage it offers before subscribing to an insurance plan. Some important areas to consider include:**

■ **Damages to personal belongings**

■ **Medical expenses incurred overseas**

■ **Rescue and repatriation in the event of a serious accident**

- Specialized mountain climbing, flying glider, sky diving, scuba diving, hang gliding, boating and paragliding, etc.

■ **Medical transportation while abroad.**

- Confirm whether transportation to a hospital in the Republic of Korea is covered in the case that local hospitals are unable to provide necessary treatment.

It is advisable to ensure sufficient insurance coverage from the time of departure until your return home. It may be difficult to obtain proof documents or certificates for compensation after your return. Please make sure to bring them with you from countries you will be traveling to, such as a medical certificate, receipts and certified accident reports.

Infectious Diseases to be Cautious

MERS(Middle East Respiratory Syndrome)

■ **Cause**

While the transfer from animals to humans is not fully disclosed, dromedary camels are known to be the primary host of the pathogen, and human-to-human transmission mostly occurs through direct contacts.



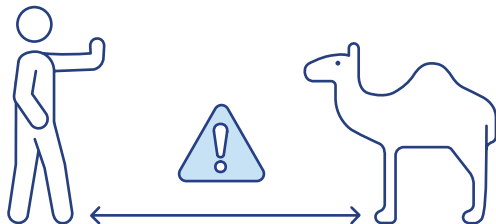
■ **Symptoms**

- While it can be asymptomatic, it may also be accompanied by mild respiratory symptoms, serious pneumonia and renal failure.

■ **Precautions**

- It occurs sporadically on the Arabian Peninsula in the Middle East, and especially in Saudi Arabia, which is the main habitat for dromedary camels.

- As much as possible, avoid contact with animals (camels, etc.) and refrain from consuming unsterilized raw-camel milk or undercooked camel meat



Infectious Diseases to be Cautious

Meningococcal meningitis

■ Cause

Transmission through micro-droplets during close contact

*The average latent period is less than 4 days.



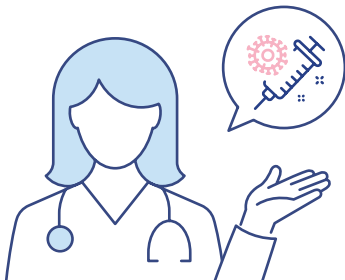
■ Symptoms

-Symptoms such as fever, muscle aches and a sore throat in the initial stage, and skin hemorrhage may also occur.

-Symptoms of meningitis include headaches, vomiting and a decline in cognitive function. During sepsis, complications such as hypotension, renal failure, and cardiac failure can rapidly lead to fatal outcomes.

■ Precautions

While the level of risk is not high for short-duration travel with minimal contact with the locals, it breaks out periodically in the region of Central Africa. Therefore, vaccination is recommended if you plan to travel to these corresponding regions.



HEPATITIS A

■ Cause

Infection occurs through consumption of food contaminated with the Hepatitis virus.

■ Symptoms

-Symptoms similar to a cold, accompanied by enteritis including fever, nausea, vomiting, loss of appetite, general fatigue and abdominal discomfort

-In severe cases, it can be accompanied by diarrhea or a change in the color of feces, becoming lighter, and jaundice may also occur.

■ Precautions

Make sure to thoroughly wash hands before meals and after using the restroom. It is recommended to consume water and food that have been properly boiled and cooked.

Dengue

■ Cause

Infection occurs after being bitten by tropical forest mosquitoes or Asian tiger mosquito, which are infected by the dengue virus.

*These mosquitoes are most active during the daytime.



■ Symptoms

-It is characterized by severe fever and rashes, and may be accompanied by headaches, muscle aches, arthralgia and loss of appetite.

-The risk of death increases if 'Dengue hemorrhagic fever', characterized by skin hemorrhages, nosebleeds, gum hemorrhage, hypermenorrhea and bleeding in various parts of the body, and 'Dengue shock syndrome', which leads to a drop in blood pressure accompanied by hemorrhage occur.

■ Precautions

Take precautions against mosquito bites by wearing long-sleeved clothing and using mosquito nets, as there is no treatment drug and preventive vaccine for Dengue.

Precautions during Travel

Diarrhea

■ Cause

Occurs when contaminated food or beverages are consumed.

* It is known that traveler's diarrhea affects 20-50% of travelers.

■ Symptoms

- Gastroenteritis symptoms including diarrhea and stomach aches, may occur.
- Although symptoms improve within several days in most cases, they can hinder travel and pose serious risks to children, elderly and those with weakened immune systems

■ Prevention

- Eat cooked food and drink boiled water
- Ice or beverages from unsealed containers are dangerous, and avoid street food and food prepared at room temperature (example: buffet) and fruits with skin (example: strawberry, tomato and graph, etc)
- Wash hands frequently with soap before eating and after using restroom, and upon returning to your place of accommodation
- If soap and water are not available, use an alcoholic-based hand sanitizer.

■ Treatment

Seriousness	Symptoms	Treatment
Minor	If diarrhea does not significantly impact your travel plans.	Increase water intake
Moderate	If diarrhea is severe enough to make travel difficult.	Increase water intake and an anti-diarrheal medication
Serious	If diarrhea is so severe that it necessitates cancelling all travel arrangements.	Increase water intake, an anti-diarrheal medication and antibiotics

Diarrhea

Water intake



- Since it improves naturally in most cases, there is no need for special treatment. Simply ensure you stay hydrated to prevent dehydration.
- If dehydration symptoms worsen, purchase and drink Oral Rehydration Solution, (ORS) from retail outlets or pharmacies in the respective country.
- For mild dehydration, replenish fluids by drinking sports beverages (avoid highly sweetened carbonated beverages as they may cause osmotic diarrhea if consumed excessively)

Anti-diarrheal medicine



- You may consider taking anti-diarrheal medication if the symptoms are severe.
- Take an initial dose of 4mg loperamide, followed by 2mg for each subsequent episode of diarrhea. Ensure that you do not exceed a total of 16mg within a 24-hour period. .
- Taking an anti-diarrheal medication alone is not recommended if you experience bloody excrement or have a fever.

Antibiotic



- Consider treatment with antibiotic if you have diarrhea more than 4 times a day or it is accompanied by fever and/or bloody excrement.
- It is recommended that you get prescription of antibiotic following a medical examination at a nearby hospital whenever possible.
- If there are no hospitals nearby, purchase and take one of the following antibiotics: 500mg of Azithromycin for 3 days, 400mg of Levofloxacin for 1 to 3 days and 750mg of Ciprofloxacin for 1 day.

Precautions to Take while Traveling

Insect bites

■ Cause

Insects such as mosquito, tick, fleas and flies can spread various diseases including Malaria, Yellow fever, Zika, Dengue and Chikungunya fever.

■ Symptoms

- While most insect bites will heal without major difficulty, some can progress into severe ailments and even lead to death.

- Therefore, it is important to minimize insect bites during your travel.

■ Prevention

Insect repellent



- Use insect repellents that contain ingredients such as DEET (diethyltoluamide) or icaridine (picaridine)

- Since the duration of effectiveness varies depending on the ingredients and their concentrations, check the duration and apply the product frequently.

Ingredients	DEET	Icaridine
Duration time	Varies depending on the concentrations, for example, 15% concentration lasts 5-8 hours	7%: 2-3 hours; 15%: 4-5 hours
Applicable age	6 months to 3 years: Use repellents with a concentration of less than 10% once a day only when there is a serious concern about mosquito bites causing infection. 2 to 12 years: Use repellents with a concentration of less than 10% 1-3 times a day 12 years and older: Use repellents with a concentration of less than 30%	From 6 months old

Household insecticide containing permethrin



- Spray the insecticide on garments and equipment such as boots, trouser, socks, tents and mosquito nets, and allow them to dry

* Ensure that you have insecticide with you if there is a high probability of insect bites, especially when hiking, camping and visiting forested areas.

- Spray the insecticide on bedding and ventilate the area after it has dried to prevent bedbug bites.

- Whenever possible, use household insecticide with permethrin in outdoor settings, and if its use in indoor settings is unavoidable, make sure to ventilate the area after spraying.

Prevention and Measures for Tick bites

1 Check for the presence of ticks on clothes, equipment and companion animals

Be observant as ticks can be brought into your home or attach themselves to people after being on clothes and/or companion animals

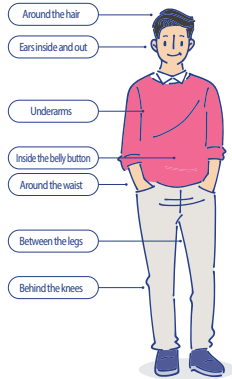
2 Take a shower immediately after outdoor activities

Showering within 2 hours of returning home can reduce the risk of tick-mediated diseases.

3 Check your body for ticks

Use a hand mirror or full-length mirror to inspect all parts of your body.

* Including underarms, ears (inside and out), belly button, back of knees, around the hair, between legs, and around the waist



Prevention and measures for mosquito bites

1 Wash the affected area with soap and water

2 Apply an Ice pack for 10 minutes to reduce swelling and itchiness

3 Do not scratch the mosquito bite, as there is a risk of introducing pathogens through scratching

4 An antihistamine ointment can help alleviate itching

Precautions during Travel

Animal bites

■ Cause

Animals can cause injuries through biting, scratching, kicking or various other methods, and they can also transmit various diseases.

■ Precautions

Avoid petting or feeding animals in the areas you are traveling to, as they may not have been vaccinated against diseases like rabies.



Mammals such as dogs and monkeys

- If bitten or scratched, there is a possibility of diseases including cellulitis, tetanus and rabies.
- In regions where monkeys roam freely, like certain temples in Africa, do not touch or feed the monkeys.



Rodents such as rats and mice

- Rodents can transmit a wide range of diseases through biting, scratching, urine, feces or fleas that live on them (such as Pests, Leptospirosis, Hantavirus disease and Rickettsiosis)
- Avoid visiting places that are likely to have rodent excretions, and do not touch anything that may have been contaminated by rodent urine and/or feces.



Bats

- Bats pose risks not only for diseases like Histoplasmosis, Ebola and Marburg but also rabies.
- As much as possible, avoid visiting caves where bats thrive.

Animal bites

■ Prevention and treatment

- Immediately wash the affected area thoroughly with soap and running water upon being bitten and/or scratched.
- Visit a medical institution and seek treatment even if there is no pain or the injury



1 Bacterial infection

There is a possibility of bacterial infection requiring antibiotic treatment if an animal licks or bites you. Make sure to undergo a medical examination and if needed, receive treatment upon contact with an animal.

2 Tetanus

There may be a need for tetanus vaccination depending on the extent of the injury or your previous vaccination history.

3 Rabies

If you have been bitten by dogs or bats, rabies can lead to death in almost 100% of cases. It is vital to taking necessary measures as quickly as possible. It is therefore recommended that you visit a medical institution after being bitten by an animal for the administration of immunoglobulin and vaccine immediately, and return to the Republic of Korea as soon as possible to undergo further treatment at a medical institution.

* It would be helpful for treatment if you would keep a record of whether immunoglobulin (HRIG) was administered, the date of administration, the trade name of vaccine and the date of vaccination, or bring back a referral letter and a detailed statement of medications administered by the doctor.

In the Event of an Emergency during Travel

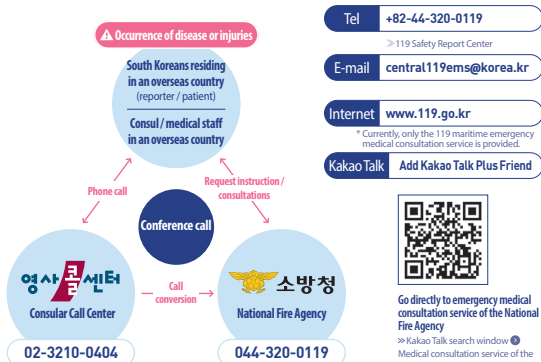
Emergency medical consultation

■ 영사콜센터 (Consular Call Center)

- You can use the consultation phone at the Consular Call Center for free, without incurring separate voice call charges, under an internet environment including Wi-Fi.
- Various services are available, including 'real-time notifications of safety information' and 'Kakao Talk for consultations'.

■ 소방청 응급의료 상담서비스 채널 (Emergency medical consultation service channel of the National Fire Agency)

- You can receive medical consultations from emergency medicine specialists around the clock through phone calls, e-mails, internet and Kakao Plus reports.



■ 해외안전여행 application

Travel warning system, accompaniment, manuals to cope with various crisis situations, and contact numbers of Embassy & Consulate General



■ 해외안전지킴이 영사콜센터 (Consular Call Center for overseas safety protector)

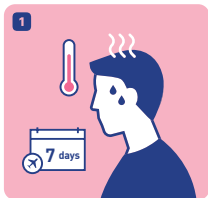
(operates around the clock throughout the year)
 >> How to use
 [Republic of Korea] 02-3210-0404
 [Overseas] +82-2-3210-0404

■ South Korean Embassies in Middle East and North Africa

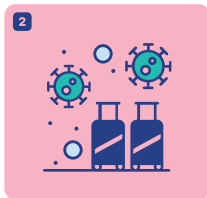
Embassy of the Republic of Korea	Tel. No. (please make a call during office hours)	24/7 Emergency contact No. (in the event of an emergency situation)
Lebanon, Syria	[961] 5-922-846	[961] 81-007-491
Libya	[216] 71-274-759 ^(temporary)	[216] 22-575-924 ^(temporary)
Morocco, Mauritania	[212] [0]5-3775-1767	[212] [0]6-6277-2408
Bahrain	[973] 1753-1120	[973] 6674-4737
Saudi Arabia	[966] 11-488-2211	[966] 50-080-1065
United Arab Emirates	[971] 2-441-1520	[971] 50-133-7362
Algeria	[213] 23-18-77-17	[213] 770-11-44-00
Yemen	[966] 11-488-2211 ^(temporary)	[966] 53-717-8300 ^(temporary)
Oman	[968] 2469-1490	[968] 9944-2892
Jordan	[962] 6-593-0745	[962] 79-750-0358
Iraq	[964] 770-040-5883	[964] 770-725-2006
Iran	[98] 21-8805-4900	[98] 912-159-1158
Israel	[972] 9-959-6826	[972] 50-528-8345
Egypt	[20] 2-3761-1234~7	[20] 12-8333-3236
Qatar	[974] 4483-2238	[974] 5001-1695
Kuwait	[965] 2537-8621	[965] 9919-3048
Tunisia	[216] 71-198-595	[216] 99 -567-040
Palestine	[972] 2-240-2846-7	[972] 50-528-8345

After Overseas Travel

You should consult a medical specialist if you experience any abnormal health conditions after your overseas travel. Please seek medical advice if:



You develop fever, diarrhea, vomiting, jaundice, abnormal urine and skin diseases within 1 week of returning to the Republic of Korea



You believe you have been exposed to serious infectious diseases during your travel



You have been bitten by an animal while traveling.



You have stayed in a developing country for more than 3 months.

Traveler's Personal Information for Safe Travel

❖ Surname :

❖ Given name :

❖ Nationality :

❖ Date of Birth : / /

❖ Passport No. :

❖ Date of issue : / /

❖ Date of expiry : / /

❖ Medical History :

❖ Current Medications

❖ Allergies

❖ Emergency Contacts

Name / Relationship / Contact No.

Name / Relationship / Contact No.

In case of an emergency involving the cardholder, please contact the emergency contact number provided above.



System for inputting quarantine information in advance, Q-CODE

If you input quarantine information into the system (Q-CODE) and obtain a QR Code before your departure, you can receive prompt quarantine service.



Mobile customs clearance for travelers

If you are using the Passenger Terminal 2 of Incheon International Airport and Gimpo International Airport, you can clear customs for the items you are carrying through website (or app).

