

VACCINATION POLICY

Travel to Thailand does not require any MANDATORY vaccinations, however University Sport NZ endorses the World Health Organisation and its recommendations for travellers.

1. Be up to date with New Zealand's normal childhood immunisations -

- Diphtheria/tetanus
- Pertussis - whooping cough
- Polio
- Rubella/MMR

Included in the childhood regime late 1970s/early 1980s

- Hepatitis B
- Recent meningitis campaign MeNZB - confers protection against the New Zealand variant of meningococcal B and would offer some protection against the strain in China.

2. For travellers to developing nations - of which Thailand is one - recommendations are

- Hepatitis A - infectious hepatitis
- Influenza or 'flu' vaccination

3. If the intending to remain in Thailand for more than 4 weeks, or intending to travel to more country or underdeveloped regions then you should give careful consideration to the following vaccines

- Rabies
- Typhoid
- Japanese encephalitis

There is no requirement for cholera or yellow fever immunisation unless you have been traveling in countries that have current concerns with these diseases and then you enter Thailand.

Malaria protection (prophylaxis) **is recommended** if you are intending to visit the northern provinces, border areas with other countries, or rural Thailand. The recommended regimes are either doxycycline (a type of antibiotic) daily or Lariam (one weekly medication). The most optimal medication should be decided in discussion with your regular doctor or travel doctor.