



Immunisations Advice

General: The following information should only be considered a guide and all ImmerQi staff will recommend that you consult your doctor for the most up to date information. We recommend that you see your doctor at least six weeks before departure to ensure that you have enough time to run courses of medication. China does not require medical history for temporary visitors i.e. tourists, people on business trips or those taking part in programs such as yourselves.

Recommended immunisations; the following should be taken for your own health and safety:

Diphtheria and Tetanus vaccine/Booster shots: A vaccination booster against both of these diseases once every 10 years is advised, regardless of travel.

Hepatitis A: Developing infectious Hepatitis (Hepatitis A) is a high risk in developing countries where the level of hygiene is low.

Hepatitis B: Hepatitis B is transmitted through blood, serum, or sexual contact and is recommended for all short-term visitors to China. It is a three-dose course and you would not be considered protected until after the third dose.

Additional immunisations; the following may be offered to you by your doctor:

Typhoid: This is best discussed with your doctor. The vaccine still requires you to visit a hospital and the best way to counteract such a disease is to ensure that you never drink water from an unsafe place.

Polio: Discuss if this is necessary with your doctor, this vaccine is a personal choice.

Yellow Fever: This disease does not occur in the Middle East or Asia. A certificate will be required for entry into China if you are coming from some countries in South America or sub-Saharan Africa.

Japanese Encephalitis: Symptoms include inflammation of the brain. Although the disease sounds quite worrying, it is not currently required in China and is very rare.

Rabies: The Rabies immunisation allows for an extra day should you ever be bitten by an animal you suspect of being rabid. Without immunisation, you have one day to be treated at the nearest hospital.

Malaria Protection: There are no Malaria zones in China. If you are travelling from an area where it is necessary, please remember to continue your treatments.