## Tetanus
Tetanus is a potentially lethal disease caused by Clostridium tetani bacteria. It is typically prevented through vaccination, which is recommended for all travelers to areas where tetanus is a risk. The vaccine is given through five doses, with the last dose recommended within 10 years of the previous dose. Additionally, a booster dose is recommended every 10 years.

### Tetanus Prevention
- **Vaccination**: Five doses are considered protective for travelers at risk of tetanus. The last dose should be within 10 years of the previous dose.
- **Booster**: A booster dose is recommended every 10 years.

### Tetanus Risk Indicators
- **High-risk**: Travelers at risk include those working in areas of known epidemics, backpackers staying more than one month, or those with high-risk occupational groups moving to rural areas for a stay of more than three months in a rural area, and international travelers visiting areas where tetanus is a risk.
- **Low-risk**: Travelers at risk include those staying in areas for less than one month, or those with low-risk occupational groups.

### Tetanus Prevention for Travelers
- **Vaccination**: The last dose should be within 10 years of the previous dose. A booster dose is recommended every 10 years.
- **Booster**: A booster dose is recommended every 10 years.

### Tetanus Risk Indicators for Travelers
- **High-risk**: Travelers at risk include those working in areas of known epidemics, backpackers staying more than one month, or those with high-risk occupational groups moving to rural areas for a stay of more than three months in a rural area, and international travelers visiting areas where tetanus is a risk.
- **Low-risk**: Travelers at risk include those staying in areas for less than one month, or those with low-risk occupational groups.

## Malaria
Malaria is a disease caused by Plasmodium parasites, transmitted by Anopheles mosquitoes. It is a significant health threat in many tropical and subtropical regions. Prophylaxis and early detection of symptoms are crucial for effective treatment.

### Malaria Prophylaxis
- **Prophylaxis**: Prophylaxis is based on the risk of malaria in the destination country. It is recommended for all travelers to malaria-endemic areas.
- **Travelers at Risk**: Travelers at risk include those staying in areas for more than three months in a malaria-endemic area, or those with high-risk occupational groups.

### Malaria Prevention for Travelers
- **Prophylaxis**: Prophylaxis is based on the risk of malaria in the destination country. It is recommended for all travelers to malaria-endemic areas.
- **Travelers at Risk**: Travelers at risk include those staying in areas for more than three months in a malaria-endemic area, or those with high-risk occupational groups.

### Malaria Risk Indicators for Travelers
- **High-risk**: Travelers at risk include those staying in areas for more than three months in a malaria-endemic area, or those with high-risk occupational groups.
- **Low-risk**: Travelers at risk include those staying in areas for less than one month, or those with low-risk occupational groups.

### Malaria Prevention
- **Prophylaxis**: Prophylaxis is based on the risk of malaria in the destination country. It is recommended for all travelers to malaria-endemic areas.
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### Malaria Risk Indicators
- **High-risk**: Travelers at risk include those staying in areas for more than three months in a malaria-endemic area, or those with high-risk occupational groups.
- **Low-risk**: Travelers at risk include those staying in areas for less than one month, or those with low-risk occupational groups.

## Hepatitis
Hepatitis is a viral infection that affects the liver. It is transmitted through exposure to contaminated food or water, and can be prevented through vaccination and proper sanitation.

### Hepatitis Prevention
- **Vaccination**: Vaccination is recommended for all travelers to areas where hepatitis A and B are a risk.
- **Booster**: A booster dose is recommended every 10 years.

### Hepatitis Risk Indicators
- **High-risk**: Travelers at risk include those staying in areas for more than three months in a hepatitis-endemic area, or those with high-risk occupational groups.
- **Low-risk**: Travelers at risk include those staying in areas for less than one month, or those with low-risk occupational groups.

### Hepatitis Prevention for Travelers
- **Vaccination**: Vaccination is recommended for all travelers to areas where hepatitis A and B are a risk.
- **Booster**: A booster dose is recommended every 10 years.

### Hepatitis Risk Indicators for Travelers
- **High-risk**: Travelers at risk include those staying in areas for more than three months in a hepatitis-endemic area, or those with high-risk occupational groups.
- **Low-risk**: Travelers at risk include those staying in areas for less than one month, or those with low-risk occupational groups.

## Typhoid Fever
Typhoid fever is a bacterial infection caused by Salmonella typhi. It is transmitted through the fecal-oral route and can be prevented through vaccination and safe food and water practices.

### Typhoid Fever Prevention
- **Vaccination**: Vaccination is recommended for all travelers to areas where typhoid fever is a risk.
- **Booster**: A booster dose is recommended every 10 years.

### Typhoid Fever Risk Indicators
- **High-risk**: Travelers at risk include those staying in areas for more than three months in a typhoid fever-endemic area, or those with high-risk occupational groups.
- **Low-risk**: Travelers at risk include those staying in areas for less than one month, or those with low-risk occupational groups.

### Typhoid Fever Prevention for Travelers
- **Vaccination**: Vaccination is recommended for all travelers to areas where typhoid fever is a risk.
- **Booster**: A booster dose is recommended every 10 years.

### Typhoid Fever Risk Indicators for Travelers
- **High-risk**: Travelers at risk include those staying in areas for more than three months in a typhoid fever-endemic area, or those with high-risk occupational groups.
- **Low-risk**: Travelers at risk include those staying in areas for less than one month, or those with low-risk occupational groups.
### Malaria

<table>
<thead>
<tr>
<th>Destination</th>
<th>Malaria</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Children's dose of antimalarial prophylactics

<table>
<thead>
<tr>
<th>Weight in kg</th>
<th>Chloroquine Prophylaxis</th>
<th>Mefloquine Prophylaxis</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 6.0</td>
<td>0.25 adult dose 1/4 tablet</td>
<td>not recommended</td>
<td>term to 12 weeks</td>
</tr>
<tr>
<td>6.0 to 9.9</td>
<td>0.25 adult dose 1/4 tablet</td>
<td>not recommended</td>
<td>term to 12 weeks</td>
</tr>
<tr>
<td>10.0 to 15.9</td>
<td>0.25 adult dose 1/4 tablet</td>
<td>not recommended</td>
<td>term to 12 weeks</td>
</tr>
<tr>
<td>16.0 to 24.9</td>
<td>0.25 adult dose 1/4 tablet</td>
<td>not recommended</td>
<td>term to 12 weeks</td>
</tr>
<tr>
<td>25.0 to 44.9</td>
<td>0.25 adult dose 1/4 tablet</td>
<td>not recommended</td>
<td>term to 12 weeks</td>
</tr>
</tbody>
</table>

**Specialist advice**

For advice on complex itineraries and other queries, use the following helplines:

- Birmingham 0121 424 0357/3354/2327
- Edinburgh, Western General Hospital 0131 537 2322
- National Travel Health Network and Centre (Monday to Friday, 9am-2pm, 3pm-4.30pm)
- 0845 602 6712 (local call rate)

For malaria advice:

- Malaria Reference Laboratory
- 020 7730 3926 (health professionals only)
- Oxford 01865 225 214
- Edinburgh 0131 537 2322
- Birmingham 0121 424 0357/3354/2327
- London 020 7730 3926 (health professionals only)
- Liverpool 0151 708 9393
- Oxford 01865 225 214