



Beware of these infectious diseases abroad!

Examples of infectious diseases to be cautious about during overseas travel.



Person
-to-
Person
Transmission

Measles

Main Regions: Worldwide (especially Asia, Africa, and Europe)

Prevention: Measles-containing vaccine

Rubella

Main Regions: Worldwide (especially Asia and Africa)

Prevention: Rubella-containing vaccine



Mosquito
-Borne
Transmission

Malaria

Main Regions: Tropical and subtropical regions

Prevention: Use insect repellent sprays or lotions, wear long sleeves and pants, use mosquito coils or nets indoors, take anti-malarial medication

Dengue Fever

Main Regions: Tropical and subtropical regions

Prevention: Use insect repellent sprays or lotions, wear long sleeves and pants, use mosquito coils or nets indoors



Animal
-to-
Human
Transmission

Rabies

Main Regions: Worldwide (especially Asia and Africa)

Prevention: Rabies vaccine, avoid contact with dogs and wild animals

Avian Influenza (Bird Flu)

Main Regions: Asia and Africa

Prevention: Avoid contact with birds at farms, markets, and zoos

MERS (Middle East Respiratory Syndrome)

Main Regions: Worldwide (especially Asia and Africa)

Prevention: Avoid contact with dromedary camels, do not drink raw camel milk



Food and
Water
-Borne
Transmission

Hepatitis A & E

Main Regions: Worldwide (Hepatitis A especially in areas with poor water infrastructure)

Prevention: Eat thoroughly cooked food, avoid drinking untreated water, Hepatitis A vaccine available

Cholera

Main Regions: Worldwide (especially in areas with poor water infrastructure)

Prevention: Eat thoroughly cooked food, avoid drinking untreated water

Dysentery

Main Regions: Worldwide (especially in areas with poor water infrastructure)

Prevention: Eat thoroughly cooked food, avoid drinking untreated water

Pre-Travel

check



Useful information sites
before traveling abroad



Vaccination
facilities
search



Ministry of Health,
Labor and Welfare



Ministry of
Foreign Affairs



Quarantine Station
"FORTH"



Don't forget to register with Tabi-Regi

Before traveling overseas, make sure to register with the Ministry of Foreign Affairs' safety information streaming service "Tabi-Regi."

By registering the required information, you can receive the latest updates on infectious diseases and safety information for your travel destination via email free of charge.

Check!



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Receive safety information updates for your travel destination through the Ministry's email service.



Check

before you leave for a fun trip!!

Infectious disease prevention during overseas travel



There are many infectious diseases overseas that do not occur in Japan. To avoid contracting these diseases while abroad, it is essential to gain accurate knowledge and learn effective prevention methods.



Yamaguchi Prefecture



Yamaguchi Prefecture



Pre-Travel

Check the infectious disease situation at your destination in advance!

Visit websites such as the Ministry of Health, Labor and Welfare to gather the latest information.



Review your vaccination history



For diseases that can be prevented by vaccination, consult your doctor well ahead of time and take appropriate preventive measures.

Get vaccinated if necessary



Pre-Travel Checklist

- ☐ Researched diseases that are commonly found in the destination country
- ☐ Checked which diseases are currently spreading in the area
- ☐ Investigated what measures are needed to prevent those diseases
- ☐ Prepared the necessary equipment and supplies
- ☐ Received all required vaccinations



During Travel

Take these precautions against infectious diseases...



Wash your hands frequently

Always wash your hands before meals. If clean water is not available, use alcohol-based hand sanitizers.

Be careful with food and drinks

Avoid consuming raw water, ice, or items containing cut fruit. Only eat thoroughly cooked food from trusted sources.



Protect yourself from insects

Many diseases are transmitted through mosquito bites or tick bites. Wear appropriate clothing and use insect repellents as needed.

Avoid contact with animals

Animals may carry pathogens that can cause serious illness in humans. Do not approach or touch animals unnecessarily.



- Avoid close contact with people showing symptoms such as cough, fever, rashes, or other signs of illness.
- Be mindful of sexually transmitted infections as well.

Avoid preventable risks and make your trip a safe and enjoyable one!



Post-Travel



If you feel unwell upon arrival, visit the quarantine station

- If you experience symptoms such as fever, cough, rash, or diarrhea, or feel generally unwell, be sure to inform the quarantine officers at the airport or port.
- If you were bitten by an animal or mosquito, or have any health concerns related to your trip, consult with a quarantine officer.

If symptoms appear after returning home, visit a medical facility



Even if you feel fine upon arrival, symptoms may develop days or even weeks later. If your condition worsens, seek medical attention promptly.

Important tips when visiting a medical facility

To prevent the spread of infection, inform the clinic or hospital in advance by phone or other means to let them know that you have recently returned from overseas. Follow their instructions regarding whether and how to seek care.

Make sure to share the following information with your doctor

- | | |
|-----------------------|-------------------------------------|
| • Destination | • Any contact with animals |
| • Duration of stay | • Food and water consumption habits |
| • Vaccination history | • Activities during your trip |

Symptoms that require special attention

Fever



Diarrhea



Skin abnormalities

