

Indonesia: Inoculation Considerations and Pack items for your health and safety.

This list is taken directly from the United States CDC - please go to CDC - Indonesia and read carefully

TALK WITH YOUR DOCTOR OR TRAVEL MEDICINE SPECIALIST TO EVALUATE YOUR INDIVIDUAL NEEDS

RECOMMENDED BY CDC - CHECK WITH YOUR PHYSICIAN AND OR TRAVEL MEDICINE DEPARTMENT

Most travelers get travel vaccines & medicines because there is a risk of these diseases in the country visited.

In addition to below list consider: Flu Shot, Shingles Shot if over 60yrs., Tetanus Shot.

Also consider taking a mask for on board the flights and do not hesitate to wear if someone is sick around you.

Note that the measles outbreak is not just in the United States but also in Asia.

Hepatitis A	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Indonesia, regardless of where you are eating or staying.
Polio	<p>Health recommendation: You may need a polio vaccine before your trip to Indonesia.</p> <ul style="list-style-type: none">▶ If you were vaccinated against polio as a child but have never had a polio booster dose as an adult, you should get this booster dose. Adults need only one polio booster dose in their lives (unless you are fulfilling the country requirement listed below).▶ If you were not completely vaccinated as a child or do not know your vaccination status, talk to your doctor about getting vaccinated.▶ Polio is raising its ugly head in many third world countries.
Typhoid	<p>You can get typhoid through contaminated food or water in Indonesia.</p> <p>CDC recommends this vaccine for most travelers, especially if you are an adventurous eater.</p>
Hepatitis B	You can get hepatitis B through sexual contact, contaminated needles, and blood products, CDC recommends this vaccine if you have sex w/new partner, get a tattoo/piercing, or medical procedure.
Japanese Encephalitis	Consult with your doctor if recommended for you.
Malaria	<p>When traveling in Indonesia, avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria.</p> <p>You travel include: North Sulawesi (Manado and Lembeh Straights) & Singapore. Talk to your doctor.</p> <p>See more detailed information about malaria in Indonesia.</p>
Rabies	Rabies can be found in dogs, bats, and other mammals in Indonesia, so CDC recommends this vaccine for the following groups: <u>Avoid contact with animals!</u>

[Yellow Fever](#)

There is no risk of yellow fever in Indonesia. The government of Indonesia *requires* proof of yellow fever vaccination **only** if you are arriving from a country with risk of yellow fever. Check this list to see if you are required to get the yellow fever vaccine: [Countries with risk of yellow fever virus \(YFV\) transmission](#).

For more information on recommendations and requirements, see [yellow fever recommendations and requirements for Indonesia](#). Your doctor can help you decide if this vaccine is right for you

PACKING LIST

- You may not be able to purchase and pack all of these items, and some may not be relevant to you and your travel plans. Talk to your doctor about which items are most important for you.
- This list is general and may not include all the items you need. Check our [Traveler Information Center](#) for more information if you are a traveler with specific health needs, such as travelers who are pregnant, immune compromised, or traveling for a specific purpose like humanitarian aid work.
- Remember to pack extras of important health supplies in case of travel delays.

Prescription medicines

- **Your prescriptions, IN THEIR ORIGINAL CONTAINER WITH PRESCRIPTION ATTACHED**
- [Travelers' diarrhea](#) antibiotic
- **Suture/syringe kit**
Kit is for use by local health care provider & requires a letter from your doctor on letterhead stationery
- **Medicine to prevent malaria - Malaren is the general preferred one, taken daily two days prior to entering malaria zone, every day while in malaria zone and 7 days daily after**

Medical supplies

- **Glasses** - Consider packing spare glasses in case yours are damaged
- **Contact lenses** - Consider packing spare contacts in case yours are damaged
- **Needles or syringes (for diabetes, for example)** - Requires a letter from doctor on letterhead stationery
- **Suture kit** - for use by local health care provider & requires a letter from your doctor on letterhead stationery
- **Diabetes testing supplies**
- **Insulin**
- **Inhalers**
- **Epinephrine auto-injectors (EpiPens)**
- **Medical alert bracelet or necklace**

Over-the-counter medicines

- **Antacid**
- **Diarrhea medicine**
Examples: loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol]
- **Antihistamine**
- **Motion sickness medicine - the DRIMINATE AVAILABLE AT US SCUBA (no Bonaire or Dramamine)**
- **Cough drops - Cough suppression/expectorant**
- **Decongestant**
- **Medicine for pain and fever** - Examples: acetaminophen, aspirin, or ibuprofen
- **Mild laxative**
- **Mild sedative or other sleep aid**
- **Saline nose spray**
- **Aqua Drops for ears - available at US Scuba**

Supplies to prevent illness or injury

- **Hand sanitizer or wipes** -Alcohol-based hand sanitizer with at least 60% alcohol or antibacterial hand wipes
- **Insect repellent** - Select an insect repellent based on CDC recommendations: [Avoid Bug Bites](#)
- **Permethrin** -an insect repellent for clothing. It may be needed if you spend a lot of time outdoors or decide to do a side tour to Tangkoko Park. Clothing can also be treated at home in advance.
- **Sunscreen** - coral friendly the new one is available at US Scuba Center (SPF 15 + UVA and UVB protection)
- **Sunglasses with floating glass straps and wide brimmed hat** .

First-aid kit

- **1% hydrocortisone cream**
- **Antifungal ointments**
- **Antibacterial ointments**
- **Antiseptic wound cleanser**
- **Aloe gel** - For sunburns
- **Insect bite treatment** - Anti-itch gel or cream
- **Bandages** - waterproof and Multiple sizes, gauze, and adhesive tape
- **Moleskin or mole foam for blisters**
- **Elastic/compression bandage wrap** - For sprains and strains
- **Disposable gloves**
- **Digital thermometer**

- **Scissors and safety pins**
- **Cotton swabs (Q-Tips)**
- **Tweezers**
- **Eye drops**

Documents

- **Health insurance documents** - Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms
- **Proof of yellow fever vaccination** If you visited a yellow fever country within a month of the trip, take your completed International Certificate of Vaccination or Prophylaxis card or medical waiver
- **Copies of all prescriptions** - Make sure prescriptions include generic names. Bring prescriptions for medicines, eye glasses/contacts, and other medical supplies.
- **Contact card** - US Scuba will have enrolled in the STEP program. Carry a contact card containing the street addresses, phone numbers, and e-mail addresses of the following: (Embassy and lodging information in packet).
 - Family member or close contact remaining in the United States
 - Health care provider(s) at home
 - Lodging at your destination
 - US embassy or consulate in the destination country or countries

AFTER YOUR TRIP:

- If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see [Find a Clinic](#). Be sure to tell your doctor about your travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.
- If your doctor prescribed anti-malarial medicine for your trip, keep taking the rest of your pills after you return home. If you stop taking your medicine too soon, you could still get sick.
- **Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the doctor about your travel history.
- For more information on what to do if you are sick after your trip, see [Getting Sick after Travel](#).