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Travel Notices in Effect

- Update: 2007 Measles and Mumps Outbreaks Updated: May 17, 2007
- Guidelines and Recommendations: Interim Guidance about Avian Influenza (H5N1) for U.S. Citizens Living Abroad Updated: February 02, 2007
- Human Infection with Avian Influenza A (H5N1) Virus: Advice for Travelers Updated: February 02, 2007

Safety and Security Abroad

- Registration of Traveler Emergency Contact and Itinerary Information Updated: June 18, 2007
- Transportation Security Administration
- U.S. Department of State

Preparing for Your Trip to Russia
Before visiting Russia, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination: (Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect.

Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines and other medications and information about how to protect yourself from illness and injury while traveling.

CDC recommends that you see a health-care provider who specializes in Travel Medicine. Find a travel medicine clinic near you. If you have a medical condition, you should also share your travel plans with any doctors you are currently seeing for other medical reasons.

If your travel plans will take you to more than one country during a single trip, be sure to let your health-care provider know so that you can receive the appropriate vaccinations and information for all of your destinations. Long-term travelers, such as those who plan to work or study abroad, may also need additional vaccinations as required by their employer or school.

Be sure your routine vaccinations are up-to-date. Check the links below to see which vaccinations adults and children should get.

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the childhood and adolescent immunization schedule and routine adult immunization schedule.

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

**Vaccine-Preventable Diseases**

<table>
<thead>
<tr>
<th>Vaccination or Disease</th>
<th>Recommendations or Requirements for Vaccine-Preventable Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine</td>
<td>Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, etc.</td>
</tr>
<tr>
<td>Hepatitis A or immune globulin (IG)</td>
<td>Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with &quot;standard&quot; tourist itineraries, accommodations, and food consumption behaviors. Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map) and who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment, such as for an accident, and for all adults requesting protection from HBV infection.</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Recommended for all unvaccinated people traveling to or working in Eastern Europe and Northern Asia, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.</td>
</tr>
<tr>
<td>Typhoid</td>
<td>Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, hiking, or work. Also, children are considered at higher risk because they tend to play with animals and may not report bites.</td>
</tr>
<tr>
<td>Rabies</td>
<td>Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, etc.</td>
</tr>
</tbody>
</table>
Items to Bring With You

Medicines you may need:

- **The prescription medicines you take every day.** Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. **Be sure to follow security guidelines**, if the medicines are liquids.
- **Medicine for diarrhea,** usually over-the-counter.

Note: Some drugs available by prescription in the US are illegal in other countries. Check the US Department of State [Consular Information Sheets](http://www.cdc.gov) for the country(s) you intend to visit or the embassy or consulate for that country(s). If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

Other items you may need:

- Iodine tablets and portable water filters to purify water if bottled water is not available. See [Preventing Cryptosporidiosis: A Guide to Water Filters and Bottled Water](http://www.cdc.gov) and [Safe Food and Water](http://www.cdc.gov) for more detailed information.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
- To prevent insect/mosquito bites, bring:
  - Lightweight long-sleeved shirts, long pants, and a hat to wear outside, whenever possible.
  - Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.

See other suggested over-the-counter medications and first aid items for a [travelers' health kit](http://www.cdc.gov).

Note: Check the [Air Travel section](http://www.cdc.gov) of the [Transportation Security Administration](http://www.cdc.gov) website for the latest information about airport screening procedures and prohibited items.

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Other Diseases Found in Eastern Europe and Northern Asia

Risk can vary between countries within this region and also within a country; the quality of in-country surveillance also varies.

The following are disease risks that might affect travelers; this is not a complete list of diseases that can be present. Environmental conditions may also change, and up to date information about risk by regions within a country may also not always be available.

**Tickborne encephalitis (TBE)**

is widespread, occurring in warmer months in the southern part of the nontropical forested regions of Europe and Asia. Most intense transmission has been reported in Russia, the Czech Republic, Latvia, Lithuania, Estonia, Hungary, Poland, and Slovenia. The annual incidence rate of [tuberculosis](http://www.cdc.gov) is high in some countries in the region. High rates of drug-resistant TB are found in Estonia, Kazakhstan, Latvia, Lithuania, parts of Russia, and Uzbekistan. Cases of [diphtheria](http://www.cdc.gov) have declined (after a large outbreak in the 1990s) with improved rates of immunization.
Highly pathogenic avian influenza virus H5N1 has been documented in wild birds or other avian species in several of the countries in Eastern Europe. Human cases and death were reported from Azerbaijan in 2006. Avoid all direct contact with birds, including domestic poultry (such as chickens and ducks) and wild birds and avoid places such as poultry farms and bird markets where live birds are raised or kept. For a current list of countries reporting outbreaks of H5N1 among poultry and/or wild birds, view updates from the World Organization for Animal Health (OIE), and for total numbers of confirmed human cases of H5N1 virus by country, see the World Health Organization (WHO) Avian Influenza website.

For more information, see the Geographic Distribution of Potential Health Hazards to Travelers and Goals and Limitations in determining actual disease risks by destination.

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Staying Healthy During Your Trip

Prevent Insect Bites

Diseases, like tickborne encephalitis (TBE), are spread through tick bites. One of the best protections is to prevent these bites by:

- Using insect repellent with 30%-50% DEET. Picaridin, available in 7% and 15% concentrations, needs to be applied more frequently. There is less information available on how effective picaridin is at protecting against all of the types of mosquitoes that transmit malaria.
- Wearing long-sleeved shirts which should be tucked in, long pants, and hats to cover exposed skin. When you visit areas with ticks and fleas, wear boots, not sandals, and tuck pants into socks.

For detailed information about insect repellent use, see Insect and Arthropod Protection.

Be Careful about Food and Water

Diseases from food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, learn how to make water safer to drink.
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked.
- Avoid dairy products, unless you know they have been pasteurized.

Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases yourself.

Avoid Injuries

Car crashes are a leading cause of injury among travelers. Protect yourself from these injuries by:

- Not drinking and driving.
- Wearing your seat belt and using car seats or booster seats in the backseat for children.
- Following local traffic laws.
- Wearing helmets when you ride bikes, motorcycles, and motor bikes.
- Hiring a local driver, when possible.
Other Health Tips

- To avoid animal bites and serious diseases (including rabies and plague) do not handle or pet animals, especially dogs and cats. If you are bitten or scratched, wash the wound immediately with soap and water and seek medical attention to determine if medication or anti-rabies vaccine is needed.
- To avoid infections such as HIV and viral hepatitis do not share needles for tattoos, body piercing, or injections.
- To reduce the risk of HIV and other sexually transmitted diseases always use latex condoms.

After You Return Home

If you are not feeling well, you should get medical attention and mention that you have recently traveled.

Important Note:
This document is not a complete medical guide for travelers to this region. Consult with your doctor for specific information related to your needs and your medical history; recommendations may differ for pregnant women, young children, and persons who have chronic medical conditions.