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HEALTH ADVICE ON IMMUNISATIONS FOR TRAVEL

(Chichewa) Malangizo a Zaumoyo okhuzana ndi katemera wa anthu a paulendo

Chikhalidwe: Ukugwira Ntchito pano

Tsiku losindikiza: 31 May 2024

Wotsindikiza: Dr Clare Looker, Wapampando woona zaumoyo

Ofikilidwa uthenga: Nzika zamu Victoria ndi akadaulo onse a zaumoyo.

Mauthenga ofunikira

- Nzika zonse zamu Victoria zomwe zili ndi madongosolo a za ulendo otuluka kunja zionesese kuti katemera wawo watengedwa mwa pompano. Izi zikuphatikizirapo katemera opewera matenda opeweka ndi katemera omwe ali owanda mu mayiko omwe afuna afikilemo.
- Apaulendo apezere uphungu kuchoka kwa dotolo yemwe ali nawo pafupi kapena katswiri wa Zaumoyo wothandiza anthu a paulendo masabata 6 kapena 8 asanyamuke kuti adziwe katemera oyenera kuti alandire. Izi zikuphatikizirapo onse amene akukayendera achibale ndi abwenzi kapena akuyendera dziko lomwe iwo anabadwira.
- Matenda a chikuku omwe atengedwa kudzela mu ma ma ulendo otuluka dziko ndi omwe ali gwero la kupezeka kwa nthenda ya chikuku mu Australia.
- Onse a paulendo akuyenera kuonetsetsa kuti alandira mlingo uwiri wa katemera wa chikuku. Kuyenda kulikonse kotulika dziko kumakusiyani pa chiopsezo chotenga nthenda ya chikuku.
- Dziko la Timor-Leste m'mbuyomo limatengedwa kuti lilibe nthenda ya Chiwewe, koma kufala kwa mlili wa chiwewe mu dziko loyandikana nalo la Indonesia maka ku dera la West Timor kwapangisa chiwewe kuti chifalikire ku Timor-Leste.
- A paulendo opita ku madera omwe kuli chiwewe monga Timor-Leste akuyenera kuti ayeseedwe mu Kaundula olandira katemera wa chiwewe.
- Aliyense obwelera kuchoka ku dziko lakunja akayamba kuonesa zidzindikiro za kudwala (monga kutentha thupi, totupa pathupi kapena kutsegula m'mimba) akuyenera kufufuza uphungu wa Zaumoyo.

Kuti mudziwe zambiri, welangani moonjezera pa: <https://www.health.vic.gov.au/health-advisories/health-advice-on-immunisations-for-travel>,

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Key messages

- Victorians planning overseas travel should ensure their routine vaccinations are up to date. This includes vaccination against vaccine-preventable diseases that may be more common in the countries that they are visiting.
- Travellers should seek advice from a General Practitioner (GP) or a travel health professional 6-8 weeks before travelling to determine which vaccinations are needed. This includes anyone travelling to visit friends and family, or people travelling to their country of birth.
- Measles infections acquired during international travel are a significant source of measles cases in Australia.
- Travellers should all ensure they have received two doses of measles-containing vaccine. Any international travel puts you at risk of getting measles.
- Timor-Leste had previously been considered rabies-free, however an outbreak of rabies in the neighbouring Indonesian province of West Timor has now spread to Timor-Leste.
- Travellers to countries with rabies, including Timor-Leste, should be assessed for rabies vaccination.
- Any returned traveller who develops illness after returning home (such as a fever, new rash or diarrhoea) should seek medical advice.

For further details, read on: [Health Advice on Immunisations for Travel](#)

