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## HEALTH ADVICE ON IMMUNISATIONS FOR TRAVEL

### (Somali) Talooyinka caafimaadka ee tallaalka safarka

Xaaladda: Firfircoon  
Taariikhda la bixiyay: 31 May 2024  
Soo saaray: Dr Clare Looker, Madaxa Caafimaadka  
Loo soo saaray: Bulshada iyo xirfadlayaasha caafimaadka ee Victoria

#### Fariimaha Muhiimka ah

Dadka reer Victoria ee qorsheynaya inay u safraan dibadda waa inay hubiyaan in tallaalkooda caadiga ah uu cusboon yahay. Tan waxaa ka mid ah tallaalka ka dhanka ah cudurrada looga hortagi karo tallaalka oo laga yaabo inay ku badan yihiin dalalka ay booqanayaan.

Socotadu waa inay talo ka raadsadaan Dhakhtar Guud (GP) ama xirfadle caafimaadka safarka 6-8 toddobaad ka hor safarka si loo go'aamiyo tallaalkada loo baahan yahay. Tan waxaa ka mid ah qof kasta oo u safraya inuu booqdo asxaabta iyo qoyska, ama dadka u safraya dalkooda hooyo.

Caabuqa jadeecada ee laga qaado safarka caalamiga ah waa il muhiim ah oo kiisaska jadeecada ee Australia.

Socotada waa inay hubiyaan inay qaateen laba qiyaas oo tallaalka jadeecada ah. Safar kasta oo caalami ah wuxuu kugu ridi karaa khatar ah inaad qaado jadeeco.

Timor-Leste waxaa horay loo aaminsanaa inay ka caagan tahay rabshadaha, si kastaba ha ahaatee, faafitaanka rabshadaha ee gobolka dariska ah ee Indonesia ee West Timor ayaa haatan ku faafay Timor-Leste.

Socotada u safraysa dalalka ay ku badan tahay rabshadaha, oo ay ku jiraan Timor-Leste, waa in lagu qiimeeyaa tallaalka rabshadaha.

Socotada soo laabatay oo bukaanta ku soo boodaan kadib soo laabashadooda (sida qandho, finan cusub ama shuban) waa inay raadsadaan talo caafimaad.

Faahfaahin dheeraad ah, akhri halkan: [Health Advice on Immunisations for Travel](#)



Status: Active

Date issued: 31 May 2024

Issued by: Dr Clare Looker, Chief Health Officer

Issued to: Victorian community and health professionals

#### 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](#)

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