



## ALPINE ASCENTS INTERNATIONAL

109 W. Mercer St. Seattle, WA 98119

206-378-1927 Fax: 206-378-1937

[Climb@AlpineAscents.com](mailto:Climb@AlpineAscents.com)

[www.AlpineAscents.com](http://www.AlpineAscents.com)

### Health Requirements

In addition to being physically fit, we encourage you to review the health recommendations for traveling to Nepal. We always encourage you seek additional information and you may want to contact an international health clinic for any updates about travel in Nepal. **There are no mandatory health requirements at this time.**

### Disease Prevention

The country of Nepal has no entry requirements, but visitors should insure that their *polio* and *tetanus* inoculations are current and one may want to consider a *Hepatitis A* vaccination (immune globulin). Malaria prophylactics may be considered but *Malaria* is not prevalent in Kathmandu or at higher altitudes. Below you will find recommendations as posted by the CDC. You may also want to consider bringing prescription Diamox for *altitude sickness*.

### Resources

The Travel Medicine Service at the University of Washington can be reached at **206-548-4888**. Information can be faxed directly from the University to you. There are currently no health requirements for entering Nepal. You may want to consider certain inoculations such as Meningitis and Hepatitis.

Informative web sites include:

- 1) [www.who.int](http://www.who.int)
- 2) [www.thetraveldoctor.com](http://www.thetraveldoctor.com)
- 4) <http://wwwnc.cdc.gov/travel/destinations/nepal.htm>

### Health Information for Travelers to the Nepal

Information as posted from the Center for Disease Control

*Date last Rev'd: March 25, 1999*

Food and waterborne diseases are the number one cause of illness in travelers. **Travelers' diarrhea** can be caused by viruses, bacteria, or parasites, which are found throughout the region and can contaminate food or water.

Infections may cause diarrhea and vomiting (E. coli, Salmonella, cholera, and parasites), fever (typhoid fever and toxoplasmosis), or liver damage (hepatitis). Make sure your food and drinking water are safe. (See below.)

**Malaria** is a preventable infection that can be fatal if left untreated. Prevent infection by taking prescription antimalaria drugs and protecting yourself against mosquito bites (see below). Malaria risk in this region exists in some urban and many rural areas, depending on elevation. For specific locations, see **Malaria Information for Travelers to the Indian** Subcontinent. Most travelers to the Indian Subcontinent at risk for malaria should take mefloquine to prevent malaria.

A certificate of yellow fever vaccination may be **required** for entry into certain of these countries if you are coming from countries in tropical South America or subSaharan Africa. (There is no risk for yellow fever in the Indian Subcontinent.) For detailed information, see **Yellow Fever Comprehensive Vaccination Requirements**.

Filariasis, Japanese encephalitis, leishmaniasis, and plague are diseases carried by insects that also occur in this region, but the risk to travelers is low. Protecting yourself against insect bites (see below) will help to prevent these diseases.

If you visit the Himalayan Mountains, ascend gradually to allow time for your body to adjust to the high altitude, which can cause insomnia, headaches, nausea, and altitude sickness. In addition, use sunblock rated at least 30 SPF, because the risk of sunburn is greater at high altitudes. Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid travel at night if possible and always use seat belts.

*CDC Recommends the Following Vaccines (as Appropriate for Age):*

This is a complete listing but please call our office should you have any questions about specific shots for the Khumbu.

See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.

- Hepatitis A.
- Hepatitis B, if you might be exposed to blood (for example, health-care workers), have sexual contact with the local population, stay longer than 6 months, or be exposed through medical treatment.
- Japanese encephalitis, only if you plan to visit rural areas for 4 weeks or more, except under special circumstances, such as a known outbreak of Japanese encephalitis.
- Rabies, if you might be exposed to wild or domestic animals through your work or recreation.
- Typhoid vaccination is particularly important because of the presence of *S. Typhi* strains resistant to multiple antibiotics in this region.
- As needed, booster doses for tetanus-diphtheria and measles, and a one-time dose of polio for adults. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

*To Stay Healthy, Do:*

- Wash hands often with soap and water.
- 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, make water safer by BOTH filtering through an "absolute 1-micron or less" filter AND adding iodine tablets to the filtered water. "Absolute 1-micron filters" are found in camping/outdoor supply stores.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: boil it, cook it, peel it, or forget it.
- If you are going to visit areas where there is risk for malaria, take your malaria prevention medication before, during, and after travel, as directed. (See your doctor for a prescription.)
- Protect yourself from insects by remaining in well-screened areas, using repellents (applied sparingly at 4-hour intervals) and permethrin-impregnated mosquito nets, and wearing long-sleeved shirts and long pants from dusk through dawn.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.

*To Avoid Getting Sick:*

- Don't eat food purchased from street vendors.
- Don't drink beverages with ice.
- Don't eat dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Don't handle animals (especially monkeys, dogs, and cats), to avoid bites and serious diseases (including rabies and plague).
- Don't swim in fresh water. Salt water is usually safer.
- Prescription medications: make sure you have enough to last during your trip, as well as a copy of the prescription(s).

*After You Return Home:*

If you have visited an area where there is risk for malaria, continue taking your malaria medication weekly for 4 weeks after you leave the area. If you become ill after travel—even as long as a year after your trip—tell your doctor the areas you have visited.

Please contact the Alpine Ascents offices with any questions.