

Vaccination against Rabies

Vaccination is recommended for all travellers who will be living or travelling in endemic areas and who maybe exposed to rabies because of their travel activities e.g. trekking, working or living in rural areas and those whom may not be able to seek post exposure prophylaxis due to being in rural areas.

Vaccine Schedule:

The Rabies vaccination course consists of three vaccinations that would be administered by your Evans Pharmacist in to the muscle of the upper arm on days 0,7 and 28. The third vaccination can however be administered from day 21 if limited time prior to travel. Once vaccinated the department of health recommends you are protected for 10 years however those that are more at risk should receive early boosters.

Rabies Vaccination Summary

Number of doses in the course	Dose intervals	Years of protection
3	Vaccines at days 0,7 and 28 3 rd vaccine can be given from day 21 if insufficient time prior to travel	10 years, Earlier boosters required for those at high risk

Visit your local Evans Pharmacy to speak to our travel experts and book your vaccination



Travel Information

Rabies

All you need to know about the disease, areas at risk, disease prevention and vaccination



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What is Rabies?

Rabies is a viral infection that causes inflammation of the spinal cord and the brain. It is usually spread through an infected bite or scratch from a rabid animal, most commonly through a dog bite. In parts of the world other animals such as bats, monkeys and cats are a source exposure. Very rarely, the disease has been spread through body fluids and transplant tissues.

Where could I be at risk of contracting Rabies?

Rabies is found in all continents of the world except Antarctica. Bats in all countries are considered to be a rabies risk. Most human cases of rabies occur in Asia, Africa and South and Latin America.

Who is at risk of contracting Rabies?

- Laboratory workers handling the rabies virus
- Bat handlers who regularly handle bats
- Those who regularly handle imported animals
- Animal workers who regularly travel to rabies risk areas
- Health workers who come into contact with rabies infected patients
- Those traveling to areas where post exposure prophylaxis (PEP) medical care is limited
- Long stay travellers (more than one month)



What are the symptoms of Rabies?

The Rabies virus causes headache, fever, general weakness and numbness or tingling around the wound site. The disease progresses to muscle spasms, fear of water and convulsions. Death is the usual outcome if infected with rabies virus.

Recommendations for travellers

Avoid contact with wild or domestic animals during travel to Rabies endemic areas

- Do not approach animals
- Do not attempt to pick up an unusually tame animals or any that appears to be unwell
- Do not to attract stray animals by offering food or by being careless with litter
- Be aware that certain activities may attract dogs (e.g. running, cycling)

If bitten or scratched it is imperative to seek medical attention in any rabies endemic areas even if pre-travel vaccination has been given:

- Immediately wash the wound with detergent or soap and running water for several minutes
- Apply a disinfectant to the wound such as an iodine solution or 40-70 percent alcohol
- Apply a simple dressing to the wound
- Seek immediate medical advice about the need for post exposure prophylaxis, possible antibiotics to prevent wound infection and a tetanus vaccine if not already up to date.

Information sources: Travelhealthpro.org.uk, fitfortravel.nhs.uk, MASTA

