

HEALTH GUIDELINES



& REQUIREMENTS

|Indonesia: Arts, Religion, and Social Change|



TABLE OF CONTENTS

GENERAL INFORMATION	2
PREVENTION OF INSECT-BORNE ILLNESSES.....	2
PREVENTION OF FOOD- AND WATER-BORNE ILLNESSES	3
OTHER DISEASES	5
IMMUNIZATIONS	6
IMMUNIZATION SCHEDULE	7

GENERAL INFORMATION

To protect your health in Indonesia, you need certain pre-departure immunizations followed by reasonable health precautions while in the country. The following health guidelines and requirements are based on years of experience and the current recommendations from the US Centers for Disease Control and Prevention. It is designed to inform you of health concerns that may be present in Indonesia especially as you venture to smaller cities off the usual tourist track, or spend time in small villages and rural areas for extended periods. Although no information sheet can address every conceivable contingency, the following health guidelines and requirements are an attempt to provide you with a standard, which if followed, should optimize good health during your stay abroad.

You may find that local customs and practice, as well as varying US physicians' approaches, at times conflict with these guidelines. It is essential that you review these health guidelines and requirements with your physician, to discuss individual issues such as pre-existing medical problems and allergies to specific drugs. Any further questions or concerns should be directed to the US Centers for Disease Control and Prevention (CDC) in Atlanta (Web site: <http://www.cdc.gov/travel>) or to your own physician.



SIT Study Abroad programs may venture off the usual tourist track. Pay careful attention to health and safety guidelines.

PREVENTION OF INSECT-BORNE ILLNESSES

Insect precautions

Insect precautions are recommended for this program. Malaria is not a concern for the scheduled destinations of the program. However, if you plan to travel elsewhere during the Independent Study Project (ISP) or internship period or after the program, inquire as to specific precautions for the areas concerned (malaria prevention recommendations may vary depending on your travel itinerary). Where there is transmission, it typically occurs below 2,000 meters (6,600 feet).

If, in spite of adherence to these preventive measures, you develop symptoms of malaria, prompt medical attention lessens the severity of the illness.

SIT Study Abroad suggests that if you have further questions, do not hesitate to contact the Malarial Division of CDC at 888-232-3228 for recorded information or visit the CDC website: <http://www.cdc.gov/malaria/travelers/index.html>

Dengue

This is a viral disease and is transmitted by mosquitoes which bite primarily in the daytime. Dengue presents significant risk in urban and rural areas especially on Bali. The disease causes considerable discomfort (fever, body aching), but is self-limited in adults in most cases. There

is no licensed vaccine against it, but personal protective measures against mosquito bites are effective in prevention.

The following insect precautions are recommended to prevent mosquito bites:

- Wear long-sleeved shirts and long pants.
- Use mosquito netting over bedding.
- Use insect repellents on bedding and netting (e.g. permethrin – commonly known as Permanone).
- Use insect repellents on skin and clothing. DEET-containing products, e.g., Off, Off Deep Woods, Jungle Juice, and Muskol, may be used on skin in concentration up to 30-40% and on clothing in higher concentrations. Permethrin (Permanone) may also be used on clothing.

Chikungunya

Chikungunya is an arboviral infection that is transmitted by day-biting *Aedes* mosquitoes. It occurs throughout the country especially on the islands of Bali and Java. Daytime insect precautions are recommended.

Zika

Zika is a viral infection that is also transmitted by the bite of the *Aedes* mosquitoes. Symptoms include mild fever, rash, conjunctivitis (red eyes), joint or muscle pain and headache. The disease causes considerable discomfort, but is mild and self-limited, lasting for several days to a week. There are no vaccines or medications available to prevent or treat Zika infections therefore participants should be vigilant in using insect precautions and personal protection measures against day-biting mosquitoes (see insect precautions section above).

CDC recommends that pregnant women consider postponing travel to countries where the Zika virus is prevalent.

Japanese Encephalitis

Japanese Encephalitis is a viral infection affecting the brain, which occurs in rural agricultural areas in Bali. Transmission occurs throughout the year, and is passed by mosquitoes mainly during the evening hours. Japanese Encephalitis is recommended for long-term stays in Bali. A vaccine, which is helpful in prevention, is currently licensed in the United States. In addition all travelers should follow personal protective measures to avoid mosquito bites (see under dengue section).

Rickettsial Infections: Typhus (scub, murine)

Rickettsiae are a diverse group of bacteria some of which can be transmitted to humans via the bites of fleas, lice, ticks or mites. Significant risk of infection exists in bush areas throughout the country, or in the case of murine typhus in suburban areas (cities, ports, villages including Bali). Symptoms may include: sudden fever, headache (may be severe), muscle aches, swollen lymph glands, cough, rash, and malaise. Avoid contact with rodents (especially rats) and their fleas. Tick precautions are recommended. Doxycycline (Vibramycin) is the antibiotic treatment of choice for adults.



PREVENTION OF FOOD- AND WATER-BORNE ILLNESSES

Diarrhea-Producing Infections

“Traveler’s diarrhea” is the most common form of diarrhea in Indonesia. This is a self-limited diarrhea lasting from a few to several days, characterized by watery, non-bloody bowel movements. Traveler’s diarrhea usually requires no treatment other than fluid replacement including ORS (World Health Organization’s Oral Rehydration Solution which comes in package form) or other home-made solutions such as: 1 teaspoon salt, 1/2 teaspoon baking soda, and 2–3 tablespoons sugar or honey in 1 liter of **clean** water; another option is carbonated soda diluted by one half. Antidiarrheals such as Imodium or Lomotil may be used short-term in some circumstances. Pepto Bismol in large amounts and certain antibiotics (doxycycline, sulfa-TMP, ciprofloxacin) can prevent or attenuate the infection. Antibiotics are indicated for more severe cases of traveler’s diarrhea.

More protracted and disabling diarrheal illnesses may be due to giardiasis and amoebic dysentery (caused by parasites) and bacillary dysentery (caused by bacteria), including cholera and typhoid. These infections (as well as “traveler’s diarrhea”) are caused by contaminated food and water. Therefore, the best way to avoid such infections is to respect certain do’s and don’ts:

DO WASH your hands scrupulously with non-contaminated water and soap before eating and snacking.

DO DRINK

- Bottled or canned beverages (water, soda, soft drinks) from a trusted source (ensure caps are sealed).
- Hot beverages (coffee, tea).
- Water that reached a rolling boil for at least one minute at sea level (longer at higher altitudes).
- Carbonated mineral water.

DON'T DRINK

- Tap water, even in ice; don’t risk using it for brushing your teeth either.
- Tap water in larger cities is often safe, but the water in rural areas is probably not, so be sure to check with a reliable source before using, and if in any doubt, take all the recommended precautions.

DO USE

- Commercial iodide or tinctured liquid iodine to treat water, **ONLY** if bottled water (from a trusted source) is not available and boiling water is not possible. Chlorine in various forms is less reliable than iodine. These provide substantial protection when added to tap water.



DO EAT

- Cooked vegetables, fruits with thick covering (citrus, bananas, and melons); and well-washed raw fruits and vegetables.
- Meat or fish that is thoroughly cooked (pork and lamb should be very well done).
- Pasteurized dairy products from large commercial dairies.

DON'T EAT

- Unwashed or unpeeled raw fruits and vegetables.
- Fruits that do not have a thick, disposable outside covering.
- Rare or raw meat or fish or shellfish.
- Dairy products from small, independent vendors without pasteurizing facilities, including food of any kind that has been left out in the sun, especially custards, creams, and mayonnaise.
- Raw (unpasteurized) milk or milk products. Tuberculosis and brucellosis, both serious diseases are transmitted in this way, so the consumption of unpasteurized milk and milk products should be strictly avoided.

There may be times when refusing an offer of food or beverage, even a drink with ice or avoiding a salad will be considered rude. You must decide for yourself, but polite refusals, thought out in advance, are often handy. Discuss these alternatives with your Academic Director(s).

Hepatitis A

Hepatitis A is a highly contagious virus that causes liver inflammation. It is most commonly spread through contaminated food and water. Most Americans have not previously been exposed to the hepatitis A virus and are at risk of contracting the disease during travel to areas where the disease is more prevalent. It is prudent for all travelers to this region to be immunized. A very effective vaccine is available and should be administered 2–3 weeks prior to travel.

Typhoid Fever

Typhoid is an infection caused by a particular species of the salmonella bacterium. It is spread by contaminated food and water. Symptoms include fever, severe toxicity, rash, and in about half the cases, bloody diarrhea. Untreated, there is a 30% mortality rate. Vaccines are 60–70 % effective in prevention. One vaccine involves a

single injection, with immunity lasting 2 years. A second one is administered orally every other day for 4 doses, and lasts 5 years. Antibiotic resistance has been developing, but treatment of the disease with certain well-known antibiotics is usually effective. As with all diarrheal illnesses, careful dietary discretion continues to be the main line of defense.

Cholera

Cholera is an acute intestinal infection caused by a bacterium (*vibrio cholerae*). It is usually mild and self-limited but can be associated with severe, profuse watery diarrhea requiring medical attention for fluid replacement. *The guidelines for preventing diarrheal infections apply to preventing cholera as well including strict food and beverage precautions and hygiene measures.* The Cholera vaccine is now available in the US and should be administered at least 10 days prior to travel.

A note on swimming: Avoid swimming or wading in fresh water. Many parasites and bacteria live in fresh water and can cause serious illness. Properly chlorinated pools and salt water are generally safe from infectious diseases.



OTHER DISEASES

Rabies

Rabies is a viral disease almost always caused by animal bites (especially dogs, monkeys, bats). Risk occurs in Indonesia, including Bali and, therefore, you should take measures to prevent it. Given the serious danger posed by rabies as a uniformly fatal disease, follow these important guidelines:

- Consider pre-exposure immunization (if available).
- Avoid bites from all animals and especially avoid handling or feeding puppies, kittens, monkeys or other animals. They can have rabies before it is obvious.
- If you have been bitten or have had direct contact with the saliva of a suspected rabid animal, immediately wash the affected area with a soap solution and running water thoroughly to neutralize and to rinse out the virus. **Then proceed immediately for post-exposure treatment**, the sooner the better; depending on the location of the bite, you may have little time.
- If possible, the animal should be captured and kept under cautious surveillance until the diagnosis and therapy are completed. If capture is not possible, a clear description of the animal and the circumstance of contact should be carefully recorded.

Tuberculosis

Tuberculosis (TB) is a bacterial disease spread by airborne droplets from a person with untreated pulmonary TB or by ingestion of TB-contaminated unpasteurized milk products. Transmission is more likely in conditions of crowding and poverty. A TB skin test can indicate prior exposure to tuberculosis and is recommended prior to travel (unless already known to be positive). A repeat test is also recommended after returning to the US even if the pre-departure test was negative.

Hepatitis B

Hepatitis B is a serious and often chronic viral infection of the liver. Since this type of hepatitis is most often acquired from contact with infected blood, or sexual contact (as with HIV), or from skin-to-skin contact of mutual open cuts and sores, appropriate precautions to avoid these types of exposure are necessary. This includes avoiding tattooing, ear/body piercing, and cuddling children with sores and draining insect bites. A series of three immunizing injections is recommended. This series should be initiated as early as possible so that at least two doses are taken prior to departure. This will provide partial protection. The third shot should be taken five months after the second dose, and may be given after returning home to achieve full, long-lasting immunity. An accelerated schedule can also be used as an alternative.

HIV/AIDS and Blood Supplies

HIV/AIDS is a concern worldwide. The HIV virus is transmitted by way of bodily fluids from an infected person. HIV is spread mainly by having anal or vaginal sex or sharing drug injection equipment with a person who has HIV. AIDS is an acquired immune deficiency that can result in life-threatening infections and is the most advanced stage of the HIV infection. It is the student's responsibility to protect him /herself from acquiring the disease through sexual transmission. Students anticipating even the possibility of sexual activity are strongly urged to bring their own condom supply. Other potential routes of infected blood transmission such as tattooing, body piercing and needle sharing must be strictly avoided.

With regard to blood transfusions, our Academic Directors have identified hospitals, through consultation with the local US embassy, where safe blood is available.

IMMUNIZATIONS FOR INDONESIA

Immunizations fall under two categories: 1) those that are required for SIT Study Abroad admission and 2) those that are recommended to protect your health and well-being by building up your immune defenses against specific prevalent diseases. In addition, certain basic immunizations are required by US law.

In the case of Indonesia no immunizations are required for entry into the country from the US, or into the US from Indonesia. However, several are strongly recommended to protect your own health, or may even be required if you are visiting other countries just before or after visiting Indonesia.

Plan ahead at least 7 weeks, as laid out in the sample schedule at the end of these instructions-since some require more than one dose for effectiveness. The physician administering the inoculations should record all immunizations on the International Certificate of Vaccination or Prophylaxis (ICVP, also known as the WHO card). The WHO card should be kept with you at all times while in the host country. ***If for some reason you are unable to obtain a WHO card or your WHO card is lost it will be sufficient to carry a copy of your immunization record with you.***



REQUIRED (for participation in program):

- **MMR (Measles, Mumps, Rubella):** You will need to be immunized if you have not had 2 doses of live measles vaccine.
- **Tetanus, Diphtheria, and Pertussis:** The primary child series is required. Boosters (Td or Tdap) are effective for 10 years. If you are uncertain when you had your last injection, we recommend that you get another booster.

RECOMMENDED (as a health precaution - consult your physician):

- **Japanese Encephalitis:** This is given as a 2-dose series. The second dose should be given at least 1 week before departure.
- **Influenza:** Influenza vaccine should be considered for any individual wishing to decrease risk of influenza or non-specific respiratory illness-especially those who are at high risk for complications from influenza including those with asthma, COPD, diabetes, chronic cardiovascular disease and immunocompromised conditions.
- **Typhoid:** This vaccine is strongly urged as a viable protective measure. The vaccine is given either orally or by injection. Discuss the relative merit of each with your doctor.
- **Rabies:** Follow carefully the special instructions in the section on Rabies.
- **Hepatitis A:** Hepatitis A vaccine, which provides long-term immunity, is recommended.

- **Hepatitis B:** A series of 3 immunization injections is required. See section on Hepatitis B.
- **Cholera:** This single dose oral vaccine should be given at least 10 days prior to travel to a cholera endemic area.

SAMPLE IMMUNIZATION SCHEDULE FOR INDONESIA

To assist your planning, we suggest the following schedule for required and recommended immunizations. For your own comfort and protection, do not leave shots to the last minute!

Before the start of program	Immunizations
7 weeks	Influenza
6 weeks	First Japanese Encephalitis First Rabies pre-exposure (Imovax, RabAvert)
5 weeks	Second Rabies
4 weeks	Typhoid (injection or oral)
3 weeks	Tetanus (Td, Tdap) booster Third Rabies, Hepatitis A
2 weeks	Cholera vaccine; Second Japanese Encephalitis

With reasonable attention to health and hygiene rules, your stay in Indonesia should be a healthy one. Aside from minor ailments due to adjustments to the new food, water and climate, this is the experience of the large majority of SIT Study Abroad students. We do, however, recommend you see your physician upon returning to the US in order to test for any possible lingering infection contracted overseas.

Take good care of yourself!

