

## Traveller Information Sheets

### Japanese Encephalitis.

#### *What is Japanese Encephalitis?*

Japanese Encephalitis (JE) is a serious disease that is most prevalent throughout Far East and South East Asia, China and India. It is spread by the bite of a mosquito.



#### *How do you get Japanese Encephalitis?*

A traveller can get Japanese Encephalitis via the bite of a mosquito. Humans are considered 'dead-end' or 'incidental' hosts as the life cycle of this virus is maintained via mosquitoes, large water wading birds and pigs. Typically, this virus is most common in rural agricultural areas, close to extensive water areas – such as rice fields.

#### *What are the symptoms of JE?*

Symptoms can present 5 – 15 days after exposure and may include fever, headache, and vomiting. Mental status changes, neurologic symptoms, weakness, and movement disorders might develop over the next few days, with seizures being common, especially among children.

#### *Can I be vaccinated against Japanese Encephalitis?*

Yes. Travel Clinics - Matraville stock two types of vaccinations;

#### Jespect

2 doses are given via injection, 28 days apart.

Jespect is registered for persons aged 18 and over, but can be administered to persons aged  $\geq 12$  months in circumstances where an alternative is not available or contraindicated.

Jespect should be given by IM injection into the deltoid. When using Jespect in children aged  $\geq 12$  months and  $< 3$  years, primary vaccination consists of 2 doses, each of 0.25 mL, according to the following schedule:

- 1st dose at day 0
- 2nd dose 28 days after the 1st dose.

When using Jespect in children aged  $\geq 3$  years and adults, primary vaccination consists of 2 doses, each of 0.5 mL, according to the following schedule:

- 1st dose at day 0
- 2nd dose 28 days after the 1st dose.

### Imojev

1 dose is given via injection.

Imojev is registered for both children (aged  $\geq 12$  months) and adults.

Imojev should be given via SC injection. For ages 12 to 24 months, the preferred injection site is the anterolateral thigh. For individuals aged  $>2$  years, the deltoid is the recommended injection site.

All age groups are administered a 0.5 mL dose.

*How do I avoid mosquitoes in general?*

1. The use of an insect repellent containing DEET or PICARIDIN
2. Avoiding the outdoors between dawn and dusk
3. Wearing long, light coloured, loose clothing, as dark colours attract mosquito's
4. Avoid wearing any strong perfume
5. If accommodation consists of backpacker or hostel or tent, the use of a mosquito net impregnated with permethrin.
6. Washing clothes in permethrin solution prior to travel.

### *Reference*

Centres for disease control and prevention, 2012, Atlanta GA, viewed 12<sup>th</sup> April 2014, <<http://www.cdc.gov/japaneseencephalitis/maps/index.html>>

Centres for disease control and prevention, 2012, Atlanta GA, viewed 12<sup>th</sup> April 2014, <<http://www.cdc.gov/japaneseencephalitis/symptoms/index.html>>

Centres for disease control and prevention, 2013, Atlanta GA, viewed 12<sup>th</sup> April 2014, <<http://www.cdc.gov/westnile/faq/repellent.html>>

Australian Technical Advisory Group on Immunisation 2013, *The Australian Immunisation Handbook. 10th ed.* Canberra: Australian Government Department of Health, viewed 12<sup>th</sup> April 2014, <<http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/handbook10-4-8>>