

Traveller Information Sheets



VFR (Visiting Friends and Relatives)

What is a VFR?

This group of travellers are possibly “going back home” to visit family and friends, or taking their children to their home country to meet relatives.

VFRs are at increased risk of travel-related diseases such as:

- Malaria
- hepatitis A and B
- typhoid fever
- rabies
- tuberculosis
- those normally preventable by routine childhood immunization.

These individuals are least likely to seek out pre-travel consultation and are more likely to stay in rural or remote areas and have extensive contact with local populations.

What should VFR Travellers do?

VFR travellers should do the same as all other travellers. They should seek out pre travel consultation and have the recommended vaccinations or anti malarial medications applicable to their destination. Good health and safety practices should be followed, such as eating and drinking safely, use of insect preventative measures like repellents and nets to prevent mosquito borne diseases.

VFR travellers must be made aware that any immunity they previously had while growing up in a malaria or diarrheal endemic area will have waned over time and they are as vulnerable to disease as other travellers.

Reference

World Health Organisation, 2009, *International travel and health*, Geneva Switzerland, pp. 177-178

Centres for disease control and prevention, 2012, Atlanta GA, viewed 12th April 2014, <<http://www.cdc.gov/malaria/travelers/vfr.html>>