



DESTINATION REPORT

CHINA

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GENERAL OVERVIEW

By landmass, the People's Republic of China is the largest country located solely in Asia. It borders the Democratic People's Republic of Korea (North Korea), Russia, Mongolia, Kazakhstan, Kyrgyzstan, Tajikistan, Afghanistan, India, Pakistan, Nepal, Bhutan, Myanmar, Laos, and Vietnam. More than 91 percent of the population is ethnically Han Chinese. However, the sparsely populated inner regions are inhabited by at least 55 other ethnic groups including Zhuang, Hui, Miao, Uyghur, Tujia, Yi, Mongol, Tibetan, Buyi, Dong, and Yao. Mandarin Chinese is the most widely spoken language, followed by Yue (Cantonese). Mandarin and Cantonese are nearly identical when written, but are mutually incomprehensible when spoken. The Wu (Shanghainese), Minbei (Fuzhou), Minnan (Hokkien-Taiwanese), Xiang, Gan, and Hakka languages are also used. Tibetan is the official language in Xizang, Mongolian is the official language in Nei Mongol (Inner Mongolia), and Uyghur is the official language in Xinjiang Uyghur. Most of the population is concentrated along the Eastern coast, in an area known as Han China. More than 1.3 billion people are concentrated in a stretch of land less than half the size of the United States.

Following the withdrawal of Japanese soldiers at the end of World War II, a civil war broke out between the Kuomintang and forces of the Communist Party of China. The Communists led by Mao Zedong emerged victorious and set up an autocratic single party government. Self-sufficiency programs and revolutionary economic policies from the 1950s to 1970s resulted in famines that killed roughly 45 million people. In 1978, Mao's successors began implementing a series of major free market reforms which helped establish China as a global manufacturing hub and export juggernaut. China currently has one of the fastest growing economies in the world, and is on pace to surpass the United States as the world's largest economy in absolute terms. Despite the liberalization of China's economy, the Communist Party maintains a firm grip on the country's politics.

SECURITY ASSESSMENT

Security Risk Rating

Low

Security Risk Overview

The People's Republic of China features a single-party government and military alongside a dynamic economy loosely planned by the Communist Party. The result is a society with widespread censorship, massive economic inequality, and a pervasive state security apparatus, but one which experiences overall low levels of crime, dissent, and public unrest.

Cracks in Chinese society occasionally appear, especially in the semi-autonomous Uyghur, Tibetan, and Inner Mongolian regions. Political violence is rare and violent crime rates remain lower than in most major Western cities. Terrorist attacks occasionally occur. The Chinese legal system can be bewilderingly complex for foreigners. In almost all cases, Communist party members have excessive influence over the judicial system.

Natural disasters such as earthquakes and floods commonly occur in China. Roads are not well maintained and emergency response varies by region.

The US Embassy in Beijing released a Security Alert on 24 July 2020 informing US citizens of an elevated risk of arbitrary detention nationwide. According to the alert, citizens are advised to exercise increased caution due to arbitrary enforcement of local laws for purposes other than maintaining law and order. This arbitrary enforcement may include detention and the use of exit bans. The alert further notes that US citizens may be detained without access to US consular services or information about their alleged crime.

Terrorism

No international or transnational terrorist groups are known to operate within China, and there have been no reported terrorist attacks in the past five years.

However, alleged acts of homegrown terrorism (as defined by the Chinese government) and lone-wolf attacks do occur from time to time. Most recently, at least three people, including two police officers, were injured in an explosion in Shenyang on 28 March 2019. A suspect, who allegedly set fire to and detonated an explosive device at a police station in Heping District, was reportedly killed at the scene. A motive behind the attack was never confirmed. At least seven people were killed and seven others were injured in an apparent vehicle ramming incident in Zaoyang, Hubei Province, on 22 March 2019. The incident reportedly occurred on Yaogang Street at approximately 06:00 local time. The perpetrator was subsequently shot and killed by police and a motive was never confirmed. On 12 September 2018, at least 11 people were killed and 46 others injured when a man rammed a vehicle into a crowd of people in Hengyang. Although the attack appeared deliberate, the attacker was not tied to any terrorist groups and reportedly sought "revenge on society." On 26 July 2018, a small explosion occurred outside the US Embassy in Beijing when an improvised explosive device (IED) detonated before the suspect could throw the bomb into the gated premises of the embassy. There were no reported injuries except for a minor injury sustained by the suspect. On 20 July 2013, a man detonated an explosive at Beijing Capital International Airport (PEK), injuring a policeman. Knife attacks occur periodically in China and have often targeted schools. Some of these acts have qualified as acts of terror. The deadliest knife

attack was reported in March 2014, when assailants stabbed passengers at a train station in the southwestern city of Kunming, capital of Yunnan province, killing 29 people and wounding 140 others.

Civil Unrest

Chinese society is generally stable. Protests and demonstrations are rare, and police are usually able to move quickly to quell any significant public protest. Political protests are illegal; nonetheless, demonstrations do occur on occasion and often lead to localized traffic disruptions. Chinese security personnel are skilled at undercutting public discontent before it manifests itself in mass demonstrations, but protests that do occur are generally met with overwhelming numbers of security personnel and sometimes violence. Most recently, police forcibly dispersed a protest in Chengdu on 13 March 2019. According to local media, police fired pepper spray to disperse protesters who were staging a demonstration outside the Development School of Chengdu No 7 High School. Several protesters were also reportedly arrested following the altercation.

Violence is periodically reported in the Xinjiang Uyghur Autonomous Region (XUAR) between the area's large population of Muslim Uyghurs and ruling Chinese Han ethnic majority. A number of incidents-characterized by government authorities as terrorist attacks-are believed to be orchestrated or carried out by the East Turkestan Islamic Movement (ETIM), a militant separatist group based in Pakistan that seeks autonomy for the XUAR. Muslim Uyghurs in the region claim historical oppression by the Han Chinese, who allegedly restrict Uyghurs from expressing their cultural and religious beliefs, including their practice of Islam. Chinese security tends to have a heavy-handed response to protests and other actions in the XUAR. Both ethnic Han Chinese and minority Uyghurs tend to be killed in these clashes, and militants do not specifically target foreigners.

Demonstrations for independence occasionally occur in Tibet and usually involve acts of self-immolation. Riot police often use force to disperse crowds that gather in Tibet. This has resulted in injuries in the past. Filming and photographing such events is prohibited.

China is engaged in territorial disputes in the South China Sea with Vietnam, the Philippines, Taiwan, Brunei, Malaysia, Singapore, and Indonesia and in the East China Sea with Japan. Heightened regional tensions in response to these disputes is occasionally reported. Increased military movements may occur in response to the disputes, but outbreaks of violence are rare. However, these tensions sometimes manifest themselves in protests that carry anti-foreigner sentiment, and foreign journalists have sometimes been harassed or assaulted while trying to report on these demonstrations. These protests usually take place outside diplomatic missions, and foreigners in the vicinity of these protests may be at an increased risk.

Personal Security

Violent crime tends to be rare. Common issues travelers face in China involve petty street crime or business disputes. Pickpockets are a problem at transportation hubs, including airports and subways as well as at tourist sites, street markets, and bars. Some thieves have been known to use weapons such as knives, although firearms are rare, and resisting robbery could result in serious injury.

Random knife violence that ultimately does not qualify as terrorism has been on the rise in China. At least seven people were killed in a knife attack in the city of Kaiyuan, Liaoning province, on 27 December 2020. According to local media, a lone assailant began attacking people at random sometime in the morning, prompting a police deployment to subdue him. A possible motive has yet to be confirmed by authorities. At least 39 people were injured in a knife attack at a school in Wuzhou on 4 June 2020. According to local reports, a 50-year-old male armed with a knife started

attacking students and staff members of the Wangfu Town Central Primary School at approximately 08:30 local time, injuring 37 students, the school principal, and a security guard. Security and medical rescue teams were deployed at the site, and all the injured people were taken to a local hospital. Prior to that, at least eight people were killed and two others were injured in a stabbing attack at Chaotangpo Primary School in the town of Baiyangping, Hubei province, on 3 September 2019. The victims were all schoolchildren attending their first day of school. A single suspect was arrested at the scene following the attack, and authorities have yet to release details on a specific motive.

Avoid withdrawing large amounts of cash from ATMs in major cities at night or when it can be observed by potential attackers. There have been reports of ATM robberies or attacks following ATM withdrawals.

Crimes of a sexual nature-including harassment and assault-are common, however law enforcement is generally effective in investigating and prosecuting these crimes. Sexual assault cases tend to be handled more seriously by law enforcement than harassment cases.

Same-sex relations are not illegal in China. However, societal prejudices-including harassment by authorities-against lesbian, gay, bisexual, and transgender (LGBT) individuals persist. LGBT rights are not generally addressed and there are no laws that prevent discrimination on the basis of sexual identity. Cases of assault against LGBT individuals have been reported.

There have been multiple incidents in which individuals have targeted kindergartens for attacks. According to reports on 12 November 2019, at least 51 people were injured in an attack involving chemicals at a school in Kaiyuan City on 11 November 2019. Reports indicate that a lone assailant entered a kindergarten facility by climbing a wall and sprayed victims with sodium hydroxide, resulting in the injuries.

Security personnel may monitor foreigners. They can record conversations, bug hotel rooms or vehicles, intercept calls, and search rooms, possessions, or computers without the foreigner's consent.

There is a risk of banditry in remote parts of the country. Traveling to restricted areas (Tibet, border areas, and the Uyghur and Mongolian autonomous regions) cannot be undertaken without the proper permits. Travel restrictions regarding these areas may change with little or no warning.

The Chinese border with Kyrgyzstan may temporarily close with little or no advance notice, especially during holidays such as the Chinese New Year. Additionally, some Kyrgyz border crossings are only open for specified periods of time. For instance, checkpoints on the Irkeshtam pass are only open from Monday to Friday, and the Torugart Pass is notorious for its frequent closures during severe weather or holidays.

Business disputes in China rarely make it into the court system. There have been reports of foreign businesspersons being threatened with violence or harassed by gangs. Chinese police often fail to respond to reports of threats unless there are credible reports of actual violence. Chinese courts will not enforce contracts entered into in other countries. The Chinese government may prohibit persons involved in business disputes from leaving the country until the matter is resolved. Foreigners accused of contract fraud may be held in Chinese prisons while they await trial.

The government will occasionally conduct visa crackdowns and failure to produce the proper documents may result in fines, detention, or deportation. Travelers in Beijing should have their passport, visa, and police registration form with them at all times, and be sure to have multiple copies or photos of these documents.

Drug offenses carry extremely severe penalties in China, including the death penalty. Proselytizing or distributing religious literature is not tolerated in China. Foreigners who engage in public religious activities may be fined, detained, or deported. Additionally, photographing Buddhist monasteries is prohibited unless permission has been obtained.

China is subject to seismic activity and tremors, many of which have proven to be deadly in the past. Most recently, at least 4 people were killed and 23 others were injured after a magnitude 5.2 earthquake struck Yunnan Province on 18 May 2020. Reports indicate that the earthquake struck near the city of Zhaotong at approximately 06:00 local time.

Other natural disasters such as monsoons, mudslides, and floods are common in China, especially during the tropical cyclone season between May and November. Most recently, at least 12 people were killed and ten others went missing due to severe weather conditions in Sichuan Province that occurred from 26-29 June 2020. According to local media, the fatalities were recorded in Yihai township and Gaoyang sub-district in Mianning County, where significant property damage and major travel disruptions were reported.

Law Enforcement

Chinese police are generally able to prevent, respond to, and investigate most crimes. Emergency response times generally depend on the location of the crime, the type of infraction, and the status of the victim. Westerners and high-profile individuals will generally receive a much more timely and comprehensive police response than citizens. Police in urban areas are far better trained and equipped than their rural counterparts. There have been reports of impunity and corruption in the police force. Arbitrary arrests and the mistreatment of detainees and prisoners are problems. Police officers are given the authority to detain and deport foreigners.

Prison conditions in China do not meet international standards. These facilities are characterized by overcrowding, unsanitary conditions, a lack of proper medical care, assault, and forced labor. Despite a legal obligation to do so, Chinese authorities may fail to notify the applicable embassy after detaining foreign citizens, especially in cases where the traveler was engaged in illegal political or religious activity. Make every attempt to contact an embassy in the case of an arrest, as local authorities may fail to do so.

Lengthy pretrial detention periods and an inefficient court system hinder the justice system. Defendants do not enjoy a presumption of innocence. Local officials are reported to have undue influence over the judicial process. In some cases police will mediate a financial settlement between the victim and the criminal in lieu of jail time. In almost all cases, these negotiated settlements are preferable to indefinite detention in a Chinese prison and entanglement with the Chinese criminal justice system.

The US Department of State (DoS) amended its travel advisory on 3 January to include the risk of arbitrary enforcement of local laws. According to the DoS, Chinese authorities may prevent US citizens from leaving using "exit bans," which may be imposed to compel travelers to participate in Chinese government investigations, to lure individuals back to China from abroad, or to aid Chinese authorities in resolving civil disputes in favor of Chinese parties. Anecdotal reporting indicates that businesspeople have been targeted in the past. Detentions or exit bans may also be enforced due to ongoing political tensions between the US and China. The DoS warns that US citizens under "exit ban" may be harassed, threatened, denied access to consular services, and interrogated. Although "exit bans" and retaliatory detentions remain a risk to consider, thousands of US citizens travel through China every day without incident, and the risk of arbitrary detainment is low.

Transportation

Air: China is rated Category 1 in the International Aviation Safety Assessment Program (IASA). This means that the country's civil aviation authority has been assessed by IASA inspectors and is found to license and oversee air carriers in accordance with International Civil Aviation Organization (ICAO) aviation safety standards.

Flights through Beijing or other major cities are occasionally delayed or diverted due to heavy smog and severe weather in the winter months.

Bus: Most buses in the capital are new, clean, and air-conditioned. Some have signs in English on the most popular routes, but most signs are entirely in Chinese. Be especially wary of bus services offering rides to the Great Wall as most of these buses stop at a number of tourist traps, and some fail to actually take travelers to the Great Wall. Buses in other cities may be of lower quality. As a general rule, more provincial cities generally have fewer quality public transportation options. Intercity buses may be poorly maintained and travel along poorly maintained roadways. Serious accidents have occurred in the recent past. At least 21 people were killed and 15 others were injured in a bus crash in Anshun, Guizhou province, on 7 July 2020. According to reports, a city bus reportedly appeared to have lost control and fell into the Hongshan Reservoir at around 12:00 local time, resulting in the casualties.

Car: Foreigners must pass a Chinese driving test in order to operate a motor vehicle in China. International driver's permits are not accepted. It is generally easier to employ a local driver. Traffic moves on the right side of the road. Traffic rules, regulations, and conditions vary throughout the country although in general, traffic in China is chaotic. Vehicle size generally determines right of way. In general, roads are poorly maintained, especially in rural areas. Better road conditions are found in major cities such as Beijing or Hangzhou.

China has one of the highest rates of fatal road accidents in the world. Traffic accidents generally draw crowds, which may try to collectively assign fault for the accident. Drivers involved in a traffic accident should call the police as soon as possible. If someone is injured, the driver responsible for the injury will generally have to pay damages, regardless of fault in the accident as a whole. There have been reports of persons deliberately causing accidents in order to claim damages. Foreigners involved in accidents may be prevented from leaving the country until all aggrieved parties have been compensated.

Road space rationing was implemented in Beijing, Guangzhou, and Tianjin using odd-even license plate policy, allowing cars to drive on alternate days depending on the number on their license plates. The policy's aim is to reduce vehicle emissions and relieve traffic congestion.

Drivers should be in possession of a Chinese driver's license, vehicle registration, passport and visa photocopies, and proof of insurance at all times.

Taxi: Only use official taxis that have a two-tone paint scheme and use meters. Some taxi drivers, especially at airports, have reportedly refused to use the meter and have charged foreigners at higher fare rates. It is advisable to have the name of the intended destination written in Chinese, as most drivers do not speak English.

A number of foreigners have reported sexual assaults and having their luggage stolen by the drivers of unmarked or unlicensed taxis. There have been reports of *rickshaw* or *pedi-cab* drivers taking passengers into the courtyards of residential buildings and demanding exorbitant sums of money. Some travelers have reported receiving counterfeit bank notes as change from taxi drivers. If

possible, pay with exact or nearly-exact change and insist on a receipt from their driver. Taxi receipts usually contain the cab number, which can be useful if the passenger wishes to file a complaint or loses his personal effects.

Only use properly marked taxis, and book through a hotel if possible. Do not get into a taxi if there is an unknown passenger sitting in the vehicle. If unhappy with the direction in which the taxi is traveling, speak calmly, yet firmly to the driver in conjunction with the hand gesture to stop in case there is a language barrier. If there is no positive response from the driver, exit the vehicle at the first opportunity.

Train: Several high-speed rail networks link major Chinese cities. Older railroads also crisscross the country. Rail travel is the most popular mode of transport in China. Trains, especially newer trains linking large cities (like the Beijing-Shanghai link), tend to be clean, fast, and efficient. One recent accident occurred on 30 March 2020, when at least one person was killed and 127 others were injured after a train derailed in Hunan province. Reports noted that the accident was caused by a sudden landslide. Major rail accidents are generally uncommon.

Sitting and standing room areas on trains can get extremely crowded. Smuggling is a serious concern on Trans-Mongolian trains.

Visitors will be unable to purchase train tickets if their visas have expired. Chinese trains often have four classes: soft-sleeper, hard sleeper, soft seat, and hard seat. Soft sleeper is generally the most expensive and includes a berth in a four-bed locking compartment. Hard sleeper compartments generally have six beds, but are reasonably comfortable. Soft and hard seats are the equivalent of first and second-class.

The type of train can generally be inferred by the first letter of a train's alpha-numerical designation. G category trains are the newest and fastest trains. G trains can make the journey between Beijing and Shanghai in less than five hours. C, D, and Z trains are significantly slower than G trains, but still modern and fast. These are typically overnight trains with sleeper cars, while G trains tend to be daylight express trains. T trains and K trains are slower still, but tend to be cheaper and have hard sleeper cars.

The subway line in Beijing is new and expanding. Subway stations can become extremely crowded during rush hour. Intercity trains often make stop announcements in English but commuter trains or trains to restricted provinces generally only make announcements in Chinese.

Scams, Fraud, Corruption, and Extortion

A number of financial scams in China target unsuspecting foreigners. Emails or SMS messages containing fraudulent bills or notices of traffic violations are becoming less common, but still occur. Criminals posing as police have brought fake "criminal charges" against victims in a bid to extort money. Foreigners called by persons claiming to be police should contact the nearest legitimate police station for assistance. Tea tasting scams involve younger Chinese "English students" who offer visitors a local tour and tea at a nearby restaurant. Travelers are then charged an exorbitant amount by restaurant owners who threaten to call the police if the bill is not paid. Some visitors have reported that gems or antiquities, even those purchased at official state-owned stores, are fakes or reproductions.

Counterfeit bank notes, especially RMB 100, are increasingly common. Beware of traders who may try to switch money with counterfeit notes or give counterfeit notes as change. There are several

basic ways to check for counterfeit bills. Mao's hair is generally raised or textured on genuine bills, and they generally have a watermark on the left and a hologram in the top right. Checking for counterfeit bills is considered pro forma, and is not considered rude in most transactions.

Common scams against foreigners, regardless of destination, include dating and marriage scams, false employment opportunities, and virtual kidnapping for ransom. Avoid giving out personal information at all costs, especially bank or credit card numbers.

Corruption of government employees is widespread in China and it has been reported that these officials may expect, request, or demand illegitimate payments from foreigners for real or imaginary violations of local law or for providing routine services. Corruption in China is a capital offense, but it remains endemic.

Security Advice

Be prepared. Make an effort to understand your destination environment before you travel: identify the possible threats and prevailing situation, understand your own vulnerabilities and take action to mitigate the risks.

Maintain a low profile and good situational awareness. Ensure you travel with reliable communications equipment, test your mobile (cellular) telephone upon arrival at your destination and keep it fully charged. Make note of emergency telephone numbers, including the police, fire department, ambulance, and embassy or consulate.

Avoid all protests and demonstrations to minimize the risk of exposure to incidental violence. Travelers should walk away or wait inside a shop or restaurant if it is not possible to leave the area. Plan alternate routes to circumvent potential protest locations. Seek the assistance of a local host, or travel with a local driver, where possible.

To minimize the risk of becoming a victim of petty theft, travelers should maintain caution and exercise situational awareness at all times. Avoid overt displays of wealth. If confronted by a criminal, do nothing to antagonize the situation. Carry a "dummy" wallet if possible, and carry a passport photocopy at all times.

Carry handbags on the opposite side from passing traffic to reduce the risk of thieves on motorcycles trying to snatch them.

Avoid walking unless you are confident of the security situation. Do not walk by yourself at night in secluded or troublesome areas of the city. Do not take shortcuts away from main roads, which tend to be busy and provide a safer environment.

National holidays and public festivals tend to attract large crowds in some countries. Such public gatherings, despite a typically enhanced security presence, create a potential venue for disorder or violence. In addition, large crowds may well impede local transportation systems.

Do not buy counterfeit or any goods in violation of copyright laws. Doing so may be a violation of local laws and can carry hefty fines or even prison time.

Reduce risk of injury from car crashes by always wearing a seatbelt. Some countries have heavy fines for not wearing a seatbelt. Avoid drinking and driving. Be sure to travel with all appropriate documentation, including passport and visa photocopies. Individuals who intend on driving should be in possession of their International Driving Permit (IDP), vehicle registration, and proof of insurance at all times.

Travelers are subject to the laws of China, even if they are not a citizen of China. Travelers can also be prosecuted for violating their home country's laws while in a foreign country. Travelers should be aware of the laws and customs of the country they are traveling to in order to avoid prosecution.

HEALTH ASSESSMENT

Health Risk Rating

High

Travel Health Advice

Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

Protect against insect bites and insect-borne diseases, such as tick-borne encephalitis or malaria, by using insect repellent and wearing long pants, long sleeve shirts, boots, and hats if possible. See more detailed insect precautions below.

Prevent foodborne illnesses by avoiding undercooked foods and unpasteurized dairy products and washing hands, especially before eating. See more detailed food and beverage precautions below.

A comprehensive pre-travel health consultation with a travel health care provider is recommended for all travelers in order to optimize their health while traveling and to individualize their disease prevention strategies to best mitigate the health risks of any destination.

COVID-19 was first traced to a seafood market in Wuhan in late December 2019. The outbreak has prompted countries worldwide to implement tighter entry and exit measures, and has grown into a global pandemic. As of 9 April 2020, there are signs that the spread of COVID-19 within China itself has slowed, as health authorities have gone consecutive days without recording any virus-related fatalities.

A Level 3 warning for plague prevention was issued in Bayannur in Inner Mongolia on 5 July 2020 due to suspected cases of the bubonic plague. The alert, which will be in place until 31 December 2020, reportedly prohibits the hunting and eating of animals that could carry plague and calls on the public to report suspected cases. The two suspected cases were from a herdsman and a 15-year-old boy who had come in contact with a marmot while hunting.

Immunizations - Required for Entry

The following vaccines are required for travelers entering the country. Some vaccines may only be required for travelers arriving from specific destinations, or those who have previously traveled to specific destinations within a given time period. Travelers are advised to consult with their travel healthcare provider for traveler-specific requirements.

Immunization	Notes
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Yellow Fever (YF)	<p>YF is a viral infection spread through the bite of an infected mosquito.</p> <p>A requirement for YF vaccine is present in many countries to prevent travelers from bringing the virus into the country. This requirement in some cases applies even to airport transfers in countries with YF transmission risk.</p> <p>A travel health professional can advise if YF vaccine is indicated for a specific travel itinerary. YF vaccine can be given to most adults and children over 9 months, and should be administered at least 10 days before travel. YF vaccine is considered effective for life; however, there is some uncertainty regarding universal country recognition of this lifetime validity.</p>
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Immunizations - General

The following immunizations are recommended for travel to all destinations.

Immunization	Notes
Routine	Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.
Hepatitis B	<p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well.</p>
Influenza (Flu)	<p>All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p>

Immunizations - Recommended for this Country

The following are vaccine preventable diseases present in this country. Some travelers may be at an increased risk of exposure to specific diseases. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary- specific recommendations.

Immunization	Notes
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<p>Hepatitis A Virus (HAV)</p>	<p>The Hepatitis A virus is primarily transmitted through contaminated water and food such as shellfish and uncooked vegetables or fruit prepared by infected food handlers. It is also transmitted through person-to-person contact via fecal-oral exposure, or spread through sexual relations, blood transfusions, and needles.</p> <p>Several pre-exposure vaccination options are available: HAVRIX, VAQTA, TWINRIX (3-dose HepA/HepB combination series), and AVAXIM. The vaccine requires 2 doses, separated by a minimum of 6 months. Ideally, the traveler should complete both doses at least 2 weeks prior to travel. However, if there is insufficient lead time to travel, the first injection should be administered before departure and a booster after 6 months. Once both doses are completed, immunity is considered lifelong.</p>
<p>Hepatitis B Virus (HBV)</p>	<p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well. Vaccination is routine in the US and many other countries. Previously unvaccinated travelers should consider vaccination for travel to areas with high risk of HBV infection, or if they anticipate needing medical/dental care abroad, being exposed to needles, or engaging in sexual activity.</p>
<p>Typhoid Fever</p>	<p>Typhoid is a bacterial infection spread through the ingestion of contaminated food or water.</p> <p>Vaccination should be completed 1-2 weeks before travel, depending on the form of the vaccine given. Two forms of the vaccine are available: an inactivated shot (1 dose), and a live oral vaccine (4 capsules given over 8 days). Booster doses of vaccine are needed for ongoing protection. The interval will vary depending on the form of the vaccine and the traveler's country of vaccination. Vaccination recommendations vary by country, activities, and specific itinerary. Consult a travel health professional for individual advice.</p>
<p>Japanese Encephalitis (JE)</p>	<p>Japanese encephalitis is a viral infection transmitted through the bite of an infected mosquito.</p> <p>One vaccine is available in the US, with several additional vaccines in use in other countries. Dosing and timeline vary based on type of vaccine. Other preventive measures include observing insect precautions from dusk to dawn, and treating clothing, boots, tents, sleeping bags, and bed nets with permethrin.</p>

Rabies	<p>Rabies is spread through the bite or scratch of an infected animal. All mammals are susceptible, but dogs and other wildlife (particularly bats) are the most common vectors.</p> <p>A 3-dose pre-exposure rabies vaccine is recommended for long-term travelers and expatriates visiting remote areas. It is also recommended for travelers involved in adventure or outdoor activities in remote areas who could be exposed to bats, dogs, and other mammals and those who might be in direct contact with animals, including in urban areas. Children are at higher risk and have a lower threshold for pre-exposure vaccination. The first dose of the vaccine should be administered at least 21 days before travel.</p>
Influenza (Flu)	<p>All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p>
Tick-Borne Encephalitis (TBE)	<p>The TBE virus is transmitted to humans through the bite of an infected tick. In rare cases, it can be acquired by eating unpasteurized dairy products from infected animals.</p> <p>TBE vaccines are not available in the US or Canada, but can be obtained in many other countries. Vaccination is recommended for travelers to endemic areas with exposure to forested areas or urban/peri-urban parks (i.e. outdoor activities), and those who consume unpasteurized dairy products.</p>
Meningococcal Disease	<p>Meningococcal disease is spread through contact with the respiratory secretions of an infected person, as well as sharing food and drinks.</p> <p>Meningococcal conjugate vaccine (MCV4) can be given to all persons at least 2 months of age. Dosing will vary depending on the product and the age of the traveler.</p>

Health Risks

The following are health risks present in the country. Some of these health risks are widespread, while others may only affect travelers in specific areas or those engaging in specific activities. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary-specific recommendations.

Health Risks	Notes
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Air Pollution	<p>Air pollution refers to the potentially hazardous mix of particulate matter, chemicals, and other materials that infiltrates the air and causes acute symptoms and chronic conditions. Acute symptoms include itching of the eyes, nose, and throat, as well as wheezing, coughing, shortness of breath, chest pain, headaches, nausea, and upper respiratory infections (bronchitis and pneumonia). Air pollution is increasing in low- and middle- income countries and has become a major concern for travelers.</p> <p>Travelers with chronic lung conditions such as asthma or chronic obstructive pulmonary disease COPD should consult with their physicians prior to travel to areas with poor air quality, and these populations should reduce outdoor exertion. Elderly travelers and infants are also more at risk for respiratory consequences of exposure to air pollution. All travelers should comply with air pollution advisories. Levels of air pollution will vary by city and region; check current levels prior to travel to appropriately target preventive measures.</p>
Chikungunya	<p>Chikungunya is a viral infection acquired by humans through the bite of an infected mosquito. Chikungunya has been a predominately urban/suburban disease, but expanding development is encouraging spread into more rural areas. Not all infected persons exhibit symptoms, but persons may experience sudden joint pain and fever, as well as headache, rash, and vomiting.</p> <p>Chikungunya is spread through the bite of an infected Aedes mosquito. Highest risk occurs during the rainy season. The Aedes mosquito is day-biting, with particular activity 2-3 hours after dawn, and from mid-to-late afternoon.</p> <p>There is no vaccine to prevent against Chikungunya, but taking proper precautions against mosquito and insect bites may help prevent against transmission (see Insect Precautions below). No specific treatment exists for Chikungunya infection, but supportive care can be helpful to ease the symptoms. Seek medical attention if Chikungunya is suspected, as it is important to rule out other treatable or more serious infections that might be present, such as dengue or malaria.</p>

Altitude Illness	<p>Altitude illness refers to a collection of conditions triggered by ascent to high altitude faster than the body is able to physiologically adapt. Altitude sickness includes mountain sickness (AMS), high altitude pulmonary edema (HAPE), and high altitude cerebral edema (HACE). Anyone traveling to high altitude can experience these conditions, but rapid ascent is a key risk factor for all 3 conditions. Prior history of altitude illness also increases risk, as does the absolute elevation. Altitude illness rarely occurs under 2,400 meters (7,874 feet) elevation. Certain chronic medical conditions also increase the risk of altitude illness. AMS symptoms include fatigue, rapid pulse, dizziness, headache, nausea, and vomiting. HAPE includes these and progresses to shortness of breath, chest tightness, and cough. Pink, frothy sputum is a very serious sign. HACE includes trouble with balance, decreased level of consciousness, disorientation, and can progress to coma and death. Altitude sickness can be life threatening.</p> <p>To avoid altitude illness, it is recommended to ascend gradually, with initial elevation not more than 2,800 meters (9,186 feet). Do not increase sleeping altitude faster than 500 meters (1,640 feet) per day, with a rest day for every 1,000 meters (3,280 feet) climbed. Stay hydrated and avoid alcohol. Also avoid physical exertion for the first 48 hours at high altitude. Prophylactic medications can be useful, and the most commonly used is acetazolamide. Consult a physician for individual recommendations based on personal risk profile. The primary treatment for altitude illness is descent to lower altitude. Sometimes other treatment modalities are used as temporary measures (oxygen, pressure bags, other medications), but none of these is a substitute for descent. Evacuation is sometimes needed depending on level of severity of symptoms.</p>
Dengue Fever	<p>Dengue fever is a mosquito-borne viral infection. Symptoms include headache, sudden-onset fever, rash, and joint pain. Some cases progress to severe dengue, when significant bleeding, fluid shifts, and end organ damage can appear.</p> <p>Dengue fever is spread through the bite of an infected Aedes mosquito. The Aedes mosquito, which carries dengue fever, typically lives indoors in dark, cool places like closets, under beds, bathrooms, and behind curtains, as well as around standing water. Aedes are daytime biters, with highest activity 2-3 hours after dawn and mid-to-late afternoon. Aedes mosquitos are active in both urban and rural environments.</p> <p>There is no vaccine to prevent dengue fever. Use daytime insect precautions (see Insect Precautions below). Although there is no specific treatment for Dengue Fever, persons with suspected illness should seek medical care for definitive diagnosis. Dengue Fever does not usually require hospitalization; however, close clinical monitoring is needed to allow early intervention if complications occur.</p>

Hepatitis E	<p>Hepatitis E is a viral infection causing liver inflammation. Most of those infected are asymptomatic or have only mild symptoms, which can include non-specific gastrointestinal symptoms, jaundice, dark urine, and fever.</p> <p>In developing countries, Hepatitis E is transmitted through the fecal-oral route, most often through contaminated water. Other modes of transmission include consuming raw or undercooked pork or game meat, and shellfish. Human-to-human transmission is uncommon. Pregnant women, those with liver disease, and immunosuppressed persons are at risk of more severe and chronic infection.</p> <p>There is a vaccine to prevent against Hepatitis E, but it is only available in China. Adhere to recommended food and water precautions (see below). Only eat meat that has been cooked well and thoroughly. Practice good hand washing and body hygiene. No specific antiviral medication is available to treat Hepatitis E. Supportive care is usually sufficient while the infection resolves.</p>
Lyme Disease	<p>Lyme disease is caused by <i>Borrelia</i> bacteria that reside primarily in deer, birds, and rodents. Symptoms vary widely depending on the stage of the illness. Early disease manifests with fatigue, headache, neck stiffness, muscle and joint aches, fever, and a classic "bull's eye" rash.</p> <p>Lyme disease is spread to humans through the bite of an infected <i>Ixodes</i> tick. Travelers engaged in outdoor activities in forested or grassy areas are at risk, including hikers, campers, and hunters. Ticks are more active during warmer months, but in temperate areas can be found year-round.</p> <p>There is no vaccine against Lyme disease. Follow insect precautions when outdoors in areas of potential exposure (see below with attention to tick prevention). Perform complete body tick check after outdoor activities. Remove ticks immediately if found. Post-exposure prophylaxis with doxycycline is recommended within 72 hours after <i>Ixodes</i> tick attachment in certain situations. Seek medical advice for tick attachment in endemic areas. Lyme disease can be treated with antibiotics; results are best with early treatment.</p>

Leishmaniasis	<p>Leishmaniasis is a parasitic disease caused by several species of Leishmania protozoa. Three clinical syndromes result, depending on causative species: cutaneous, mucosal, and visceral (the most severe). Travelers most often are affected by the cutaneous form, usually with ulcerating skin lesions and swollen glands, and experience self-limited disease.</p> <p>Leishmaniasis is spread through the bite of an infected sandfly. Risk of acquiring the disease is higher among adventure travelers, eco-tourists, missionaries, military personnel, construction workers, and those working outdoors at night or sleeping outdoors.</p> <p>There is no vaccine to prevent Leishmaniasis. Follow insect precautions (see below), and avoid nighttime outdoor activities if possible. Most sandflies bite from dusk to dawn, but in the Western hemisphere, sandflies bite both day and night. Be aware that the mesh on any protective netting must be of a finer weave than the norm for prevention of mosquito bites. For netting to be effective against sandflies, it must have at least 18 holes per linear inch (2.54 cm). Impregnated nets and screens are most effective. Treatment decisions are multifactorial and can include local wound care and medications.</p>
Malaria	<p>Malaria is caused by a protozoan parasite that lives within red blood cells. Malaria is a very serious and potentially fatal disease. Symptoms include fever, chills, headache, and muscle aches. Vomiting, diarrhea, and abdominal pain also occur. Severe forms of the disease can lead to cerebral malaria, kidney failure, shock, and death.</p> <p>Malaria is spread through the bite of an infected Anopheles mosquito, which is active between dusk to dawn. Risk varies widely, even within a country, and depends on the traveler's itinerary, sleeping accommodations, urban vs rural travel, and elevation, among other factors.</p> <p>There is no vaccine to prevent against malaria. Observe nighttime insect precautions (see below). Malaria prophylaxis medications are often recommended for travel to endemic areas. Consult with a travel health professional for specific advice. Seek medical care immediately if malaria infection is suspected. Treatment with antimalarial medications is effective.</p>

<p>Sexually Transmitted Infections (STIs)</p>	<p>STIs are a concern for travelers worldwide, and are likely underreported as a travel-related infection. STIs are caused by viruses, bacteria, and parasites, the same potential pathogens as are present in the traveler's home environment. However, certain infections like chancroid, LGV, and Granuloma inguinale are more common in less industrialized countries, and other areas of the world have higher incidence of HIV and Hepatitis B and C than others. Symptoms vary widely depending on the specific infection, and can include both local and systemic symptoms.</p> <p>STIs are spread between humans by unprotected sexual contact (oral, anal, or vaginal), and skin-to-skin genital contact. Some STIs can also be transmitted through exposure to blood and other bodily fluids. Travelers are at higher risk if engaging in sex with sex workers, traveling for sex tourism, or certain higher risk behaviors. Healthcare workers are at higher risk for certain blood-borne infections.</p> <p>Preventive measures focus on decreasing exposure to STI pathogens. Adhere strictly to safe sex practices: use a condom correctly and consistently, or abstain from intercourse, and use an external condom or dental dam for oral exposures. Travelers should pack external and/or internal condoms, as the quality of condoms available in some areas is not reliable. Avoid behavior that increases the risk of contracting an STI such as casual sex with a stranger or a sex worker. Drinking heavily or taking mind-altering drugs will impair judgement and inhibitions during a sexual encounter, increasing the risk of making unsafe choices. Seek medical attention promptly if an STI is suspected.</p>
<p>Schistosomiasis (Bilharzia)</p>	<p>Schistosomiasis is a parasitic infection caused by flatworms. Symptoms of initial infection can include skin rash, fever, headache, muscle ache, bloody diarrhea, cough, malaise, and abdominal pain, but many of those infected are asymptomatic. Schistosomiasis can become a chronic illness with varied manifestations if untreated.</p> <p>Schistosomiasis is spread via larvae that swim in fresh water, and through sexual contact with infected individuals. Travelers become infected by bathing, swimming, boating, or rafting in cercariae-infested waters.</p> <p>There is no vaccine to prevent against schistosomiasis. Avoid contact with bodies of freshwater in endemic areas. Schistosomiasis cannot be contracted in chlorinated swimming pools or in bodies of salt water. The use of insect repellent may be effective but is unreliable. Travelers who come in contact with bodies of fresh water should wear protective footwear and clothing, and clean their skin with rubbing alcohol and a clean, dry towel. Schistosomiasis can be treated with anti-helminthic medication.</p>

<p>Typhus, Scrub</p>	<p>Scrub Typhus is an insect borne infection caused by a bacteria related to, but distinct from, the rickettsial group. Symptoms are non-specific and include, fever, chills, headache, muscle aches, enlarged lymph nodes, malaise, and anorexia. An eschar (dead, black skin) often develops at the site of the bite, and about half of those infected develop diffuse rash as well. Progression to more severe form of disease can occur, which potentially involves the kidney, lung, heart, and brain.</p> <p>Scrub typhus is spread by mites found in dense areas of scrub vegetation. Those engaging in outdoor activities in affected areas are at risk.</p> <p>There is no vaccine to prevent against scrub typhus. Preventive measures include observing insect precautions (see below), and wearing protective clothing. DEET- or permethrin-treated clothing is highly effective at decreasing infection. Prophylactic antibiotics are recommended for those with exposure in endemic areas. Treatment of scrub typhus is with antibiotics.</p>
<p>Typhus, Murine</p>	<p>Murine Typhus is an infection with rickettsial bacteria transmitted by fleas. Symptoms include fever, headache, and muscle aches, followed by a rash. While most people have mild illness, more severe symptoms can ensue, including lung, liver, kidney, and brain involvement.</p> <p>Murine typhus is transmitted to humans through the bite of a flea carrying the infection. Exposure to animals that serve as hosts (rats, cats, mice) is a risk factor for infection. Murine typhus is occasionally identified in travelers.</p> <p>There is no vaccine to prevent Murine typhus. Avoid contact with known animal reservoirs. Murine typhus is treated with antibiotics. Seek medical attention if infection is suspected.</p>
<p>Hand, Foot, and Mouth Disease (HFM)</p>	<p>HFM is caused by a number of enteroviruses. Symptoms commonly include fever, sores in the mouth/throat, and rash, classically located on the palms and soles. Severe disease can occur and includes encephalitis, meningitis, and paralysis.</p> <p>HFM is spread between humans through contact with infected secretions, including saliva, respiratory droplets, feces, and blister fluid. Children in group settings (day care, school) most commonly acquire the infection, but any non-immune person can become infected.</p> <p>Although a vaccine is available in China for young children, use in travelers is not recommended. Travelers should avoid contact with infected persons and wash their hands thoroughly. There is no medication to treat HFM disease. Symptoms are treated as they arise.</p>

<p>Brucellosis</p>	<p>Brucellosis is a bacterial disease that primarily affects domestic and wild animals, but can be transmitted to humans through contact with skin, conjunctiva, GI, and respiratory tracts. Brucellosis is a systemic infection and usually presents with fever, joint and muscle aches, weakness and fatigue, headache, and loss of appetite. A myriad of other more focal symptoms can also occur.</p> <p>In travelers, brucellosis is most commonly acquired through the ingestion of unpasteurized dairy products. Others at potential risk include those with close contact with infected animals or their tissues, including hunters.</p> <p>There is no vaccine available to immunize humans against brucellosis. Travelers should avoid consumption of unpasteurized dairy products, including fresh goat cheese and other goat products, and use rubber gloves if it is necessary to handle animal tissue or viscera. Brucellosis can be treated with antibiotics. Seek medical attention for potential illness.</p>
<p>Leptospirosis</p>	<p>Leptospirosis is caused by a spirochete organism acquired through contact with contaminated freshwater, soil, or tissues of infected animals. Leptospirosis can be a serious illness and potentially fatal. Symptoms include fever, headache, muscle aches, red eyes, and gastrointestinal disturbance, which can then progress to meningitis, kidney or liver failure, and mental status changes.</p> <p>Leptospirosis is transmitted to humans through contact with contaminated freshwater, soil, or tissues of infected animals. The organisms access the body through skin lesions, intact mucus membranes, or waterlogged skin. Travelers at highest risk are those going to areas with flooding, or who will be swimming, wading, kayaking, or rafting in contaminated fresh water. It is also a potential risk for travelers around animals, like humanitarian aid workers, adventure travelers, and animal caretakers. Areas with poor sanitation can also harbor leptospirosis.</p> <p>There is no vaccine to prevent against leptospirosis. Preventive measures include avoidance of potentially contaminated soil, mud, and water (particularly bodies of freshwater), as well as animal tissues or urine. Wear boots and cover any cuts or abrasions if wading through water. Follow food and water precautions (see below). Travelers with unavoidable contact with contaminated water or soil may benefit from pre-exposure prophylaxis with doxycycline. This is currently recommended for outdoor adventure travelers engaging in high risk activities, as well as for persons in areas of recent flooding. Leptospirosis can be treated with antibiotics. Seek medical care if infection is suspected.</p>

<p>Travelers' Diarrhea</p>	<p>Travelers' diarrhea (TD) is the most common health problem for travelers, affecting up to 70% of travelers going to developing countries. TD is caused primarily by pathogenic bacteria and less commonly by protozoa or enteric viruses. Symptoms include diarrhea, fever, abdominal pain, nausea, and vomiting. More severe forms of TD include dysentery and diarrhea with blood and mucus present.</p> <p>TD is transmitted to humans by the ingestion of contaminated food and water. Individuals at higher risk for TD or adverse consequences include adventurous eaters, immunocompromised persons, persons with inflammatory bowel disease or diabetes, and those taking medications that decrease gastric acidity.</p> <p>There is no vaccine to prevent TD. Following food and beverage precautions may reduce the likelihood of illness (see below). Travelers should carry loperamide for self-treatment of diarrhea and azithromycin to add if diarrhea is severe.</p>
<p>Ciguatera fish poisoning</p>	<p>Ciguatera poisoning is caused by a toxin that accumulates in fish, particularly large carnivorous reef fish such as grouper, snapper, amberjack, and barracuda. Symptoms include gastrointestinal symptoms and can progress to neurologic and cardiac symptoms.</p> <p>People become sickened after consuming fish with accumulated toxin in their tissues. Ciguatoxin is heat stable, tasteless and odorless; it is not eliminated or deactivated by any food preparation, including cooking, freezing, salting, drying, smoking, or marinating.</p> <p>There is no vaccine to prevent against ciguatera poisoning. The only effective prevention is to avoid consumption of potentially affected species of fish in endemic areas. Specifically, avoid eating large reef fish or filets (generally over 2.7 kilograms or 6 pounds), and do not eat the liver, intestines, heads, and roe of smaller reef fish. There is no specific treatment for ciguatera poisoning; Seek medical attention for supportive care if symptoms are significant.</p>
<p>Helminths - Oral Transmission</p>	<p>The most common parasitic worms transmitted via the oral route are Ascaris, Trichuris, and Taenia. These worms typically affect the gastrointestinal tract and can cause nonspecific digestive symptoms such as abdominal pain and distention, and diarrhea. Each species also has a unique set of additional complications that can occur.</p> <p>These helminths are acquired by humans through ingestion of eggs deposited by an infected host animal, or adult worms in infected meat products. Typically, this occurs through contaminated food or water, or consumption of undercooked beef or pork. Transmission is more common in areas with poor sanitary practices. Resident populations in affected areas carry a significant disease burden. Travelers are generally at low risk of significant disease.</p> <p>There is no vaccine to prevent helminth infection. Adhere to recommended food and water precautions (see below). Only eat meat that has been cooked well and thoroughly. Avoid touching the mouth with dirty hands. Practice good hand washing and body hygiene. Treatment is with anti-helminthic drugs.</p>

<p>Liver Flukes (Fascioliasis, Clonorchis, and Opisthorchis)</p>	<p>Liver flukes are trematodes (flatworms) that cause a parasitic infection in humans, primarily involving the liver and gall bladder. Infection can be asymptomatic. When symptoms occur, they typically include abdominal pain, indigestion, diarrhea, and fatigue. With some species, systemic symptoms can also occur.</p> <p>Transmission to humans occurs through ingestion of a larval form of the fluke. The ingested material varies by species: Fasciola are acquired by eating aquatic vegetation (especially watercress) contaminated with larval forms; Clonorchis and Opisthorchis larva are found in freshwater fish, and humans acquire infection via ingestion of undercooked, salted, pickled, or smoked fish. Short-term travelers are considered at low risk.</p> <p>There is no vaccine to prevent liver fluke infection. Infection can be prevented by cooking or freezing fish, and avoiding consumption of raw freshwater plants in endemic areas. Good hand hygiene can also decrease transmission. Treatment for most liver flukes is antihelminthic medications and supportive care.</p>
<p>Paragonimiasis</p>	<p>Paragonimiasis is a parasitic flatworm infection caused by a trematode (fluke). Geographic distribution varies by species. Most infections are asymptomatic. Most symptomatic infections consist of lung disease. In rare cases, other organ systems can be involved, including the brain and abdominal organs.</p> <p>Paragonimiasis is contracted by consuming undercooked crab or crayfish. Travelers with adventurous eating habits are at higher risk.</p> <p>There is no vaccine to prevent Paragonimiasis. Avoid eating raw or undercooked crab and crayfish in endemic areas. Use only clean utensils when eating. Observe good hand hygiene. Treatment with anti-helminthic medications is indicated for this disease. Seek medical care if infection is suspected.</p>
<p>Monkey Bites</p>	<p>Monkeys can carry many diseases that infect humans, including rabies and herpes B virus. These diseases can be transmitted to humans through bites and scratches, as well as exposure to feces and other secretions. Travelers are at risk of monkey bites in both urban and rural settings.</p> <p>Avoid close contact with all monkeys, including feeding, or holding for pictures. If bitten or otherwise exposed, cleanse wounds and affected areas thoroughly with soap and water and seek urgent medical attention. Recommended post-exposure treatment includes routine wound care and tetanus prophylaxis, along with consideration of rabies and herpes B virus prevention.</p>
<p>Marine Hazards</p>	<p>Marine hazards are varied and include exposures to challenging tides and currents, hazards of watersports and boating, as well as contact with plants and animals that can injure humans. Most commonly seen in travelers are envenomation or stings from jellyfish, sea urchins, certain corals, stonefish, sting rays, and sea urchins.</p> <p>Travelers should seek out and heed posted warnings and refrain from bathing or other aquatic activities at unmarked, unpatrolled beaches.</p>

<p>Helminths - Soil Transmission</p>	<p>Soil-transmitted helminths include the human hookworms <i>Ancylostoma</i> and <i>Necator</i>, and <i>Strongyloides</i>. These helminths penetrate the skin, then migrate through the body through species-dependent pathways to end up settling in the GI tract. Many of those infected have no symptoms. If present, symptoms vary depending on the phase of life cycle within the human host: rash and skin lesions, mild cough, and non-specific gastrointestinal symptoms.</p> <p>Transmission occurs through skin penetration by infective larvae found in fecally contaminated soil and sand in affected areas, usually when walking barefoot or lying directly on the ground. Transmission is more common in areas with poor sanitary practices. Travelers are at higher risk in moist, jungle environments and along the shoreline of tropical and subtropical beaches.</p> <p>There is no vaccine to prevent against helminth infection. Travelers are advised to avoid walking barefoot on beaches or other soil, wash feet after contact with sand, and to always sit on a protective surface to avoid contact between skin and sand/soil. Treatment is with anti-helminthic medication and symptomatic care.</p>
<p>Snakebites</p>	<p>Snakebites are an important cause of morbidity and mortality for rural populations in tropical and subtropical areas. Risk of snakebites exists in areas with dense vegetation or rock formation, and snakes are more active in warm weather. Despite this prevalence in resident populations, travelers rarely experience snakebites. Symptoms of snakebites depend on the degree of envenomation, which varies based on species of snake, the volume of venom injected (many bites from venomous snakes are dry), and the weight and size of the victim.</p> <p>Avoid close contact with snakes and do not attempt to handle them. Back away if a snake is disturbed and wait for it to move away. When hiking or trekking in a high risk country, travelers should wear boots and long pants, avoid tall grass if possible, walk slowly, and use a stick ahead to beat the vegetation. Do not reach into holes or cracks between rocks. Sleep under a bed net when camping. Use a flashlight if walking after dark. Seek medical attention immediately after any snakebite. Immediate first aid includes keeping the victim calm and quiet, and immobilizing the limb involved.</p>
<p>Avian Flu</p>	<p>Avian flu is caused by several subtypes of influenza A virus found in birds and domestic poultry. Travelers are at risk when visiting areas where avian flu is present, especially if in direct contact with birds/poultry, visiting live bird markets, or consuming undercooked poultry.</p> <p>Humans become infected through direct contact with sick or infected birds or their droppings. No evidence of sustained human-to-human transmission exists.</p> <p>There is no vaccination to prevent avian flu. Travelers to affected areas should avoid direct contact with birds (including domestic poultry), live animal markets and poultry farms, and avoid consumption of poultry. Observe hand and respiratory hygiene.</p>

<p>Melioidosis</p>	<p>Melioidosis infection is caused by Burkholderia bacteria found in soil and water. Acute symptoms include fever, cough, chest pain, and shortness of breath. Localized skin infections also occur, as well as systemic forms of infection. Melioidosis can be fatal.</p> <p>Melioidosis is spread through direct contact with sources, usually water and soil, that are contaminated with the bacterium. Transmission occurs primarily through direct inoculation through the skin, contamination of wounds, and inhalation and aspiration, most often in the setting of recent rains, floods, or severe weather events. Ecotourists, adventure travelers, and persons working in agriculture, mining, and construction are at risk.</p> <p>There is no vaccine to prevent melioidosis. Avoid contact with pools of standing water, soil, or mud in endemic areas. Wear long pants, boots, and gloves if in contact with soil or an area of standing water. Clean wounds thoroughly and use an antiseptic cleanser. Seek medical care promptly if melioidosis infection is suspected for antibiotic treatment and other effective care.</p>
<p>Crimean-Congo Hemorrhagic Fever (CCHF)</p>	<p>CCHF is caused by a bunyavirus and is a zoonotic disease. Many infected individuals are asymptomatic. Those who become ill may present with fever, fever, sore muscles, dizziness, neck pain and stiffness, backache, headache, sore eyes and photophobia, mood swings, and aggression. The disease progresses to bleeding and bruising in mucus membranes and skin, and then in internal organs. CCHF can be fatal.</p> <p>CCHF is spread through tick bites and through contact with infected animals or animal tissue. Activities that increase risk for CCHF include outdoor activities in endemic areas (camping, hiking, etc.), or contact with livestock. In general, risk to travelers is low.</p> <p>There is no vaccine to prevent against CCHF. Those engaging in outdoor activities in endemic areas should observe insect precautions with particular attention to preventing tick bites (see Insect Precautions below). Visitors working with livestock or other animals in endemic areas should wear gloves or other barriers to keep their skin from coming into contact with infected animals, as they often serve as hosts for ticks. Special protective clothing is indicated for healthcare workers caring for patients with CCHF. Seek medical advice immediately if CCHF is suspected. Some patients may benefit from antiviral treatment, and more severely affected patients will need intensive supportive care.</p>

Tuberculosis (TB)	<p>TB is caused by infection with the Mycobacterium tuberculosis bacteria. Over 95% of cases occur in developing countries, and infection is strongly associated with poverty, overcrowding, and malnutrition. TB infection can be latent, with no symptoms, for many years. The most common clinical presentation of active TB is pulmonary TB, with symptoms of cough, night sweats, weight loss, bloody sputum, and fatigue.</p> <p>Tuberculosis is spread through contact with the respiratory secretions of an infected person. It can also be acquired by eating unpasteurized dairy products in areas where the bovine form of TB is endemic.</p> <p>The Bacillus Calmette-Guérin (BCG) vaccine has historically been used at birth in most developing countries to prevent against TB. Results in adults have varied with effectiveness of between 0-80 percent. It is not recommended for travelers. The BCG vaccine is also reported to interfere with TB testing in some cases. Individuals who anticipate prolonged exposure to TB areas should undergo the tuberculin skin test (TST) or interferon-γ release assay (IGRA) both before leaving the US and 8-10 weeks after returning from travel. Treatment for TB is complex; seek medical care for concerns of TB infection.</p>
Plague	<p>Plague is a bacterial disease that can lead to 3 forms of disease: bubonic plague affecting the lymph nodes, septicemic plague in the bloodstream, and pneumonic plague affecting the lungs. Symptoms will vary depending on which form of the disease is present, and can include, fever, swollen and painful lymph nodes, abdominal pain, pneumonia, and bleeding.</p> <p>The plague is typically spread through the bite of infected rodent fleas. It is sometimes spread through the inhalation of infected animal secretions, or by handling infected animal tissue. Rarely, person-to-person spread can occur if pneumonic plague is present. Risk to travelers is generally low. Hikers, campers, hunters, and persons exposed to wild rodents in endemic areas are at higher risk.</p> <p>There is no vaccine to prevent against the plague. Measures should be taken to prevent against contact with rodents and other potentially infected animals. Prevent flea bites with insect repellent and protective clothing. Travelers should avoid crowds and coughing persons in areas where pneumonic plague has been reported. Those who may have had contact with an infected person, rodent, or other animal should receive antibiotic prophylactic treatment. Infected persons need immediate antibiotic treatment due to the high risk of death.</p>

Hantavirus Infection

Hantavirus Infection is a zoonosis associated with rodents. There are multiple different hantaviruses circulating worldwide, but they divide into 2 groups, each group causing a distinct clinical syndrome: the European and Asian group of viruses causes hemorrhagic fever with renal syndrome (HFRS), and the American group causes hantavirus cardiopulmonary syndrome (HCPS). HFRS begins with fever, muscle aches, nausea, and headache, and progresses to blood and renal system involvement. HCPS is more severe and progresses to heart and lung complications leading to respiratory failure and shock. Case fatality of HCPS ranges from 25-40%.

Hantavirus is spread through the inhalation of contaminated rodent waste matter. Person-to-person transmission can occur but is rare. Those at risk include agricultural workers, campers, trekkers, and those sleeping on the ground or staying in rodent-infested cabins.

A vaccine for 1-2 strains of hantavirus is available in China and Korea, but the cost limits its use. No other vaccine is currently in use. Limit contact with rodents and their droppings in affected areas. Hantavirus progresses quickly, even with treatment. Those affected by hantavirus should receive immediate hospital care.

Medical Facilities and Services

The standard of healthcare in China is variable. Hospitals are better in major urban areas, and some even have foreigner/VIP wards that provide higher quality service. Western-trained medical personnel are more likely to be found at a VIP ward. Trained personnel, medication, and medical equipment may be difficult to find in rural areas. Most doctors and medical workers do not speak English. It is advisable to bring a Chinese-speaking person along for translation. Most hospitals in rural areas will require payment in cash before providing treatment. Some hospitals in major cities may accept credit cards. Persons who cannot pay their medical bills may be refused treatment or barred from leaving the country. Most hospitals in China do not accept medical insurance from the United States.

Reuse of medical supplies, including syringes, and poor instrument sterilization are serious concerns in China, especially in rural areas. Ask for new syringes specifically, and pay any additional fee for sterilized equipment or unused needles. Patients and their families are often expected to provide their own toiletries and meals, even in the VIP wards of major hospitals. Doctors may refuse to administer surgery without the consent of a patient's family, and may refuse to disclose details of a patient's condition to the patient. There is no legal recourse for medical malpractice in China. Rural clinics may be reluctant to treat foreigners.

Bring enough medication for the duration of a visit. Some Chinese drugs that bear the same name as foreign drugs contain different ingredients. China also has a serious problem with counterfeit medications.

Ambulances are often slow to arrive in emergencies, and lack both sophisticated medical equipment and trained emergency personnel. There is no tradition of yielding to emergency vehicles on Chinese roadways. It is often faster to simply take a taxi to the nearest hospital than to wait for an ambulance in a medical emergency.

Food and Water Safety

Most water sources in China are generally not considered potable, and restaurants have poor or

non-existent sanitation standards. Stick to bottled or boiled water and avoid ice cubes. Consuming unpasteurized dairy products can lead to illness. Avoid eating raw or undercooked meat, poultry, seafood, or eggs. Avoid eating unwashed or unpeeled fruits/vegetables, fruits/vegetables that have been washed with contaminated water, unpasteurized dairy products, and bush or game meat. Avoid eating food that is not properly refrigerated or cooled, or that has been left standing and uncovered. Avoid eating leafy or uncooked vegetables and salads.

Only drink water that has been filtered or boiled, or has come in a sealed bottle. Avoid drinking any well water unless you can verify its quality. Do not drink beverages that contain ice unless you can confirm that the ice is from purified water. Do not drink unpasteurized milk or juice, or anything mixed with contaminated water. Hot coffee or tea is usually safe to drink.

Wash hands with soap or use an alcohol-based hand sanitizer prior to eating. Do not use tap water to brush teeth unless you can verify the quality of the water. Avoid sharing beverages or utensils with others.

Insect Precautions

Use insect repellent: DEET 20 - 30% or Picaridin 20% on exposed skin. Re-apply per manufacturer's directions.

Avoid scented soaps, hair products, deodorants, perfumes, and shaving products.

Wear long sleeves and pants tucked into socks. Wear neutral colors (beige, light gray). Always wear shoes, both indoors and outdoors.

Treat outer clothing with permethrin.

Remove any containers holding water, both inside and outside any building.

Avoid insect exposure using additional various methods depending on the insect:

- For nighttime flying insects, sleep under bed nets, preferably insecticide impregnated.
- For ticks, hike in the middle of the trail and avoid tall grasses and shrubs, use a tarp when sitting on grass, perform regular tick checks on your body and clothing.
- For other insect vectors, avoid direct contact with animals, and avoid overcrowded, unsanitary conditions to reduce risk of exposure to body lice, mites, fleas, and rodents.

DESTINATION DETAILS

Time Zones

From 1 January to 31 December, China Standard Time (CST): GMT+8 hours
China does not observe Daylight Saving Time.

Currency

Chinese Renminbi Yuan (CNY)

Credit Cards

Credit cards-American Express, Diners Club, MasterCard, and Visa-are accepted in high-end hotels, restaurants, and shops in all major cities. Most rural parts of China have a cash-only economy. Travelers should always notify their bank of their travel plans to avoid having their account frozen.

ATMs

ATMs that accept international cards are available in all major Chinese coastal or commercial cities. Travelers should check with their bank before their trip about any fees that might be charged with ATM use. When possible, use ATM machines in accepted hotels, banks, or businesses.

Banking Hours

From Monday to Friday 09:00-12:00 and 13:00-17:00.
Hours may vary by bank and location.

Major Holidays

Services and transportation may be affected on/around the following holidays:

01 January 2021	New Year's Day
11 February 2021	Spring Festival Eve (Chinese New Year's Eve)
12 February 2021	Spring Festival (Chinese New Year)
3-4 April 2021	Qingming Festival
01 May 2021	Labor Day
14 June 2021	Dragon Boat Festival
01 October 2020	Mid-Autumn Festival
01 October 2021	National Day

NOTE: There are no upcoming elections scheduled to be held in 2021.

Voltage Information

220V, 50Hz - Plug Type A, I, G

International Airports

Airport Name	Airport Code	Airport Location
Beijing Capital International Airport	PEK	Beijing
Changchun Longjia International Airport	CGQ	Longjia, Jiutai, Jilin
Changsha Huanghua International Airport	CSX	Changsha, Hunan
Chengdu Shuangliu International Airport	CTU	Chengdu, Sichuan
Chongqing Jiangbei International Airport	CKG	Yubei, Chongqing
Dalian Zhoushuizi International Airport	DLC	Dalian, Liaoning
Fuzhou Changle International Airport	FOC	Fuzhou, Fujian
Guangzhou Baiyun International Airport	CAN	Guangzhou, Guangdong
Guilin Liangjiang International Airport	KWL	Guilin, Guangxi
Guiyang Longdongbao International Airport	KWE	Guiyang, Guizhou
Haikou Meilan International Airport	HAK	Haikou, Hainan
Hangzhou Xiaoshan International Airport	HGH	Hangzhou, Zhejiang
Harbin Taiping International Airport	HRB	Harbin, Heilongjiang
Hefei Xinqiao International Airport	HFE	Hefei, Anhui
Hohhot Baita International Airport	HET	Hohhot, Inner Mongolia
Hong Kong International Airport	HKG	Hong Kong
Huangshan Tunxi International Airport	TXN	Tunxi, Anhui
Jieyang Chaoshan International Airport	SWA	Jiedong, Guangdong
Jinan Yaoqiang International Airport	TNA	Jinan, Shandong
Kunming Changshui International Airport	KMG	Kunming, Yunnan
Lhasa Gonggar Airport	LXA	Lhasa, Xizang/ Tibet
Macau International Airport	MFM	Taipa, Macau
Mudanjiang Hailang Airport	MDG	Mudanjiang, Heilongjiang
Nanchang Changbei International Airport	KHN	Nanchang, Jiangxi
Nanjing Lukou International Airport	NKG	Nanjing, Jiangsu
Nanning Wuxu International Airport	NNG	Nanning, Guangxi
Ningbo Lishe International Airport	NGB	Ningbo, Zhejiang
Qingdao Liuting International Airport	TAO	Qingdao, Shandong
Sanya Phoenix International Airport	SYX	Sanya, Hainan

Shanghai Hongqiao International Airport	SHA	Changning, Shanghai
Shanghai Pudong International Airport	PVG	Pudong, Shanghai
Shenyang Taoxian International Airport	SHE	Shenyang, Liaoning
Shenzhen Bao'an International Airport	SZX	Shenzhen, Guangdong
Shijiazhuang Zhengding International Airport	SJW	Shijiazhuang, Hebei
Sunan Shuofang International Airport	WUX	Shuofang, Jiangsu
Taiyuan Wusu International Airport	TYN	Taiyuan, Shanxi
Tianjin Binhai International Airport	TSN	Dongli, Tianjin
Ürümqi Diwopu International Airport	URC	Ürümqi, Xinjiang/ Uyghur
Wenzhou Longwan International Airport	WNZ	Wenzhou, Zhejiang
Weihai Dashuibo Airport	WEH	Weihai, Shandong
Wuhan Tianhe International Airport	WUH	Wuhan, Hubei
Xiamen Gaoqi International Airport	XMN	Xiamen, Fujian
Xi'an Xianyang International Airport	XIY	Xi'an, Shaanxi
Yanji Chaoyangchuan Airport	YNJ	Yanji, Jilin
Yantai Laishan International Airport	YNT	Yantai, Shandong
Yinchuan Hedong International Airport	INC	Linghe, Ningxia
Zhengzhou Xinzheng International Airport	CGO	Zhengzhou, Henan

ENTRY & EXIT REQUIREMENTS

The following information is for citizens of the United States. If you are a citizen of a country other than the United States, contact an embassy or consulate for up-to-date requirements. For additional questions regarding entry/exit requirements, contact Global Rescue at (+1) (617) 459-4200.

A passport valid for at least six months and a visa are required for entry. A visa should be obtained from the nearest Chinese embassy or consulate at least one month prior to the intended departure date. It is impossible to change one's visa type while in China. Business travelers must provide a detailed itinerary and an official invitation from the company or institution in China when applying for a visa. For stays longer than six months, a health certificate is also required. Visitors to China are automatically registered with police within 24-hours of arriving. Carry a passport or residence permit at all times as police often conduct random security checks. Attempting to enter China without a valid visa will result in deportation.

Haikou Meilan International Airport (HAK) and Sanya Phoenix Airport (SYX) provide a 15-day visa given that travelers are part of a tourist group of more than five people en route to Hainan Province. These tour groups must be organized by a travel agent registered in Hainan Province. It is possible to apply for a 30-day visa for a fee at Hangzhou Xiaoshan International Airport (HGH) provided that travel is being conducted with a tourist group or travel agencies registered to Zhejiang province.

A special permit is required to enter the Tibet Autonomous Region, the Uyghur Autonomous Region, and the Inner Mongolia Autonomous Region. These can usually be obtained through a travel agency, but the areas may be restricted to foreigners in whole or in part, and may be completely closed to foreigners at certain times. Overstaying a visa or visiting unauthorized areas may result in a fine, imprisonment, or deportation. It is impossible to leave China with an expired visa and travelers will be required to stay in China at their own expense in order to obtain a new visa. A valid police report is required in order to receive a replacement visa in the case of a lost passport.

Dual citizens must enter and exit China on the same passport. US citizens with Chinese citizenship cannot receive US consular protections unless they enter China on their US passport. Exit bans are often used to pressure certain US citizens, particularly naturalized US citizens who were born in China and/or who are related to local officials in China. See "Law Enforcement" for further information regarding exit bans.

Major Chinese airports use body temperature monitors to identify persons traveling with a fever. Persons with a fever will be asked to consult a physician.

IMPORT RESTRICTIONS

The following items are permitted: Personal articles intended to remain in China valued at CNY 2,000, two bottles of alcoholic beverages above 12 percent alcohol volume not exceeding 1,500 millimeters or four bottles if staying over six months, 400 cigarettes OR 100 cigars OR 500 grams of tobacco, perfume for personal use, 50 grams of gold or silver, and up to CNY 20,000 of local currency.

The following restrictions apply: Permits are required for the import of: arms and ammunition,

animals, plants, or their byproducts, microbes, biological products, human tissues, blood, blood products, TVs, computers, communication devices, and other electronics. Travelers must declare cultural antiques, alcohol, tobacco, personal articles, and foreign currency in excess of USD 5,000. Travelers with large quantities of prescription medications may have a difficult time clearing customs. Travelers should keep a record of each drug's generic name and a valid prescription or doctor's note for all medications (including over the counter medications). A certificate of vaccination is required for cats, dogs, and other pets.

The following items are prohibited: Weapons, imitation weapons, ammunition, explosives, counterfeit currency or materials, politically sensitive media, deadly poisons, illegal drugs, foodstuffs, animal and animal products, plants and plant products, medicines, other articles from epidemic stricken areas, radio receivers and transmitters or other communications equipment, and pornographic material.

EXPORT RESTRICTIONS

The following items must be declared: Antiques, cultural relics, gold, silver, precious jewels and metals, animal and animal products, plants and plant products, communication devices, and goods of commercial value.

The following items are prohibited: Weapons, imitation weapons, ammunition, explosives, counterfeit currency or materials, politically sensitive media, pornographic material, deadly poisons, illegal drugs, beef, lamb, and sheep meat, fruit, tomatoes, and red peppers, medicines or other articles from epidemic stricken areas, valuable cultural or other relics, endangered or rare animals, plants, and seeds, and local currency in excess of CNY 20,000.

IMPORTANT NUMBERS

Intl. Country Code	+86
Fire	119
Police	110
Ambulance	120

Contact Information for Select Embassies

US Embassy in Beijing

55 An Jia Lou Road, Chaoyang
Beijing 100600
Telephone: (+86) 10-8531-3000
Emergency After-Hours Telephone: (+86) 10-8531-4000

UK Embassy in Beijing

11 Guang Hua Lu, Jian Guo Men Wai
Beijing 100600
Telephone: (+86) (0)10-5192-4000 or (+86) (0)10-8529-6600

Australian Embassy in Beijing

21 Dongzhimenwai Street, Chaoyang
Beijing 100600
Telephone: (+86) 10-5140-4111

For other embassies, contact Global Rescue at (+1) (617) 459-4200.