

YELLOW FEVER TRAVEL ADVISORY AND APPROVED VACCINATION CENTRES IN MALAYSIA

INTRODUCTION

Yellow fever is an acute infectious disease. Recognised in two different forms i.e. urban and jungle Yellow fever. Urban Yellow fever occurs in cities and is spread from mosquito to human. In the jungle form, Yellow fever is spread from mosquitoes to monkeys and also to humans (zoonosis). Although reported cases of human disease is the principal indicator of disease risk, they may be absent (because of a high level of immunity in population) or not detected as a result of poor surveillance.

Yellow fever is a major public health threat in countries with risk of Yellow fever transmission.

Travellers to countries with risk of Yellow fever transmission in Africa, Central and South America are at risk. The presence of the suitable vector, *Aedes* mosquito in Asia may contribute to its potential occurrence.

Malaysia is vulnerable to risk of Yellow fever transmission because of the presence of the *Aedes* mosquito vector.

Causative agent: Arbovirus of the Genus *Flavivirus* and family *Flaviviridae*.

Mode of Transmission: through the bite of infective *Aedes aegypti* mosquitoes.

Incubation Period: 3 - 6 days (or longer) after the bite of an infected mosquito.

COUNTRIES WITH RISK OF YELLOW FEVER TRANSMISSION

SOUTH & CENTRAL AMERICA (13 COUNTRIES)

Argentina	French Guiana	Suriname
Brazil	Guyana	Trinidad & Tobago
Bolivia	Panama	Venezuela
Colombia	Paraguay	
Ecuador	Peru	

AFRICA (30 COUNTRIES)

Angola	Guinea Equatorial
Benin	Ivory Coast
Burkina Faso	Kenya
Burundi	Liberia
Cameroon	Mali
Central Africa Republic	Mauritania
Chad	Niger
Congo	Nigeria
Democratic Republic Of Congo	Rwanda
Ethiopia	Senegal
Gabon	Sierra Leone
Gambia	Sudan
Ghana	South Sudan
Guinea	Togo
Guinea Bissau	Uganda

Note: The list of countries with risk of yellow fever transmission is updated based on WHO list.

SIGN & SYMPTOMS

Some are asymptomatic but most lead to an acute illness characterized by two phases. Initially there is fever, muscular pain, headache, chills, anorexia, nausea and/or vomiting, often with bradycardia.

About 15% of patients progress to a second phase after a few days, with resurgence of fever, development of jaundice, abdominal pain, vomiting and haemorrhagic manifestations.

Death may occur 10 - 14 days after the onset of illness.

COMPLICATIONS

Haemorrhagic manifestation including epistaxis, gingival bleeding, hematemesis (coffee ground or black), melena, and liver and renal failure. **Up to 50% are fatal.**

TREATMENT

Symptomatic treatment. Advise rest, drink plenty of fluids and take regular painkillers (e.g. Paracetamol or Ibuprofen) to relieve symptoms of fever or aching.

Specific treatment – None

PREVENTION & PRECAUTIONS

Yellow Fever Vaccination Requirement

- A Yellow fever vaccination certificate is required from all visitors or delegates (Malaysians and Foreigners) coming from or going to/through countries with risk of Yellow fever transmission. (As per International Health Regulations 2005 and Prevention and Control of Infectious Diseases Act 1988).
- Yellow fever vaccination is also required for travellers having transited more than 12 hours through the airport of a country with risk of yellow fever transmission;
- Travellers or delegates without a valid Yellow fever vaccination certificate shall be quarantined upon arrival in Malaysia for a period not exceeding 6 days.
- The period of validity of an international certificate of vaccination against Yellow fever is valid for life, beginning 10 days after the date of vaccination (beginning June 2016).
- The period of validity of an international certificate of vaccination against Yellow fever is 10 years, beginning 10 days after the date of vaccination.

Note:

- The WHO World Health Assembly in May 2014 adopted an amendment to Annex 7 of the International Health Regulations (2005) (IHR), which stipulates that the period of protection afforded by yellow fever vaccination, and the term of validity of the certificate will change from 10 years to the duration of the life of the person vaccinated.
- **This change will enter into force legally in June 2016.**
- Until then the current IHR text on yellow fever vaccination and certificates continues to apply, and some countries may continue to request proof of vaccination or a booster within the last 10 years from travellers. (WHO International travel and health: <http://www.who.int/ith/updates/20140605/en/>).

Reminder to Malaysians travelling to Countries with Risk of Yellow Fever Transmission

- Malaysians are advised to take the vaccination against Yellow fever at least 10 days before the date of departure to countries with risk of Yellow fever transmission for protection against infection.
- To get the vaccination against Yellow fever at the approved Yellow fever vaccination centres in Malaysia.
- To carry the international certificate of vaccination during travel for health check.
- To report to Point of Entry Health Office on arrival in Malaysia for health check.

YELLOW FEVER VACCINE

Type of vaccine: Live attenuated vaccine

Number of doses: One dose of 0.5ml

Contraindications:

- Infants aged less than 6 months;
- history of severe allergy to egg or to any of the vaccine components, or hypersensitivity to a previous dose of the vaccine;
- thymoma or history of thymectomy,
- immunodeficiency from medication, disease or symptomatic HIV infection

Adverse reactions: Rarely, neurological (encephalitis) or multi-organ failure resembling wild-type yellow fever.

Before departure: International certificate of vaccination becomes valid 10 days after vaccination.

Recommended for: All travellers to countries and areas with risk of yellow fever transmission and when required by countries.

Special precautions: Not recommended for infants aged 6–8 months, except during epidemics when the risk of YF virus transmission may be very high. The risks and benefits of vaccination in this age group should be carefully considered before vaccination. The vaccine should be avoided during pregnancy or breastfeeding. However, pregnant or nursing women may be vaccinated during epidemics or if travel to a country or area at risk of transmission is unavoidable.

- (Reference: WHO International Travel & Health – Yellow fever vaccine (URL: <http://www.who.int/ith/vaccines/yf/en/> accessed 15 March 2015)

**LIST OF APPROVED YELLOW FEVER VACCINATION CENTRES IN MALAYSIA
(until March 2015)**

1.	Pejabat Kesihatan Pelabuhan Pulau Pinang 1 st Floor, Tuanku Syed Putra Building Jalan Downing, 10300 Pulau Pinang. Tel: 04-2611264, 04-2644918	PULAU PINANG
2.	BP Diagnostic Centre 275, Jalan Kampar 30250 Ipoh, Perak Tel: 05-2559090 Ext 402	PERAK
3.	Klinik Kesihatan Jelapang (Pejabat Kesihatan Kinta) Jalan Jelapang 30010, Ipoh, Perak. Tel: 05-5286158, Fax. 05-5272355	PERAK
4.	Klinik Berkat No. 75-4A, Jalan Mamanda 1, Ampang Point 68000 Ampang, Selangor Darul Ehsan Tel: 03-42515450	SELANGOR
5.	KPJ Selangor Specialist Hospital Lot 1, Jalan Singa 20/1 Section 20, 40300 Shah Alam Tel: 03-5543 1111, Fax: 03-5543 1722	SELANGOR
6.	Klinik Noridah VG 30, Jalan Plumbum V7/V Pusat Komersial Seksyen 7 40000 Shah Alam Tel: 03-5510 1009 Fax: 03-5510 1009	SELANGOR
7.	Klinik Mediviron No. 20 A, Jalan Jubli Perak 22/1 Seksyen 22 , 40300 Shah Alam, Selangor Tel: 03-5567 9667 Fax: 03-5567 9667	SELANGOR
8.	BP Specialist Centre Taman Megah Branch No. 79, Jalan SS 23/15, Taman SEA	


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(until March 2015)**

	47400 Petaling Jaya Selangor	SELANGOR
9.	Poliklinik Sri Permai No. 11, Jalan P9 B/1 Presint 9, 62259 Putrajaya Tel: 03-88880268	PUTRAJAYA
10	Klinik Kesihatan Putrajaya No. 1, Jalan P9E, Presinct 9 62250, Putrajaya. Tel: 03-88883057	PUTRAJAYA
11.	Virus Research Division 1 st Floor, Institute of Medical Research Jalan Pahang, 50588 Kuala Lumpur. Tel: 03-26986033	WP KUALA LUMPUR
12.	The KL Clinic Mezzanine Floor, East Wing Rohas Perkasa, No. 9, Jalan P. Ramlee 50250 Kuala Lumpur 03-21660395 Faks 03-2181 3362	WP KUALA LUMPUR
13.	Twin Towers Medical Centre KLCC Sdn. Bhd. KLCC, Lot LC 402-404, Level 4 Suria KLCC, KL City Centre 50088, Kuala Lumpur. Tel: 03-23823500, 03-23823577	WP KUALA LUMPUR
14.	Klinik Kita Lot F-23, First Floor City Point Kompleks Daya Bumi Jalan Sultan Hishamuddin, 50050, Kuala Lumpur. Tel: 03-26989740, 03-26980740	WP KUALA LUMPUR
15	Hospital Angkatan Tentera Tuanku Mizan (Bhg. Kesihatan Primer – untuk anggota tentera sahaja) No. 3, Jalan 4/27A, Section 2, Wangsa Maju, 53300 Kuala Lumpur Tel: 03-4145 4200	WP KUALA LUMPUR

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(until March 2015)**

16.	Klinik Yong Tingkat 2, Wisma Maran No. 28, Medan Pasar 50050 Kuala Lumpur Tel; 03-20720808, Fax 03-20310487	WP KUALA LUMPUR
17.	Drs Young Newton dan Rakan-Rakan LEVEL 5, Capital Square, Jln Munshi Abdullah Menara Multi-purpose 50100 Kuala Lumpur. Tel: 03 26982967	WP KUALA LUMPUR
18.	Prince Court Medical Centre Sdn. Bhd. 39, Jalan Kia Peng 50450, Kuala Lumpur Tel: 03- 21600000 ext 2984/3860	WP KUALA LUMPUR
19.	Klinik Integral Occupational Health Services Sdn. Bhd. Lot 2-05, Level 2 Menara HLA No. 3 Jalan Kia Peng 50450, Kuala Lumpur Tel: 03-21712882, Faks: 03-21712992	WP KUALA LUMPUR
20.	Gleneagles Intan Medical Centre Lot 286, Jalan Ampang 50450 Kuala Lumpur Tel: 03-41413135, Faks 03-42552980	WP KUALA LUMPUR
21.	Kuala Lumpur Sports Centre Sdn. Bhd. 7th Floor, Wisma Perintis Jalan Dungun, Damansara Heights 50490 Kuala Lumpur Tel: 03-20961033 Fax: 03-20961500	WP KUALA LUMPUR
22.	Pantai Medical Centre Sdn. Bhd. No. 8, Jalan Bukit Pantai 59100 Kuala Lumpur Tel: 03-2296 0888 Fax: 03-2282 1557	WP KUALA LUMPUR

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(until March 2015)**

23.	Pusat Perubatan Menara Sdn. Bhd. Level 26, Menara TM Annexe 2 No. 1, Jalan Pantai Jaya Off Jalan Pantai Baharu 59200 Kuala Lumpur Tel: 03-2241 4101 Fax: 03-2241 4102	WP KUALA LUMPUR
24.	Berkat Sentral Clinic (BSC) G11 – G12 Ground Floor Platinum Sentral, Jalan Stesen 2 50470 Kuala Lumpur	WP KUALA LUMPUR
25.	Pejabat Kesihatan Johor Bahru Jalan Abu Samad, 80100 Johor Bahru, Johor. Tel: 07-2224711, 07-2224818	JOHOR 
26.	Poliklinik Komuniti Beserah Jalan Beserah, 26100, Kuantan Negeri Pahang Darul Makmur Tel: 09-5445633	PAHANG
27.	Health Office Divisional Health Department Kuching Division, Jalan Tun Zaidi Aduce 93150, Kuching, Sarawak. Tel: 082-432563	SARAWAK
28.	Health Office Divisional Health Department Sibu Division, 5 th Floor Wisma Persekutuan, Block 3 Persiaran Brooke, 96000 Sibu, Sarawak. Tel: 084-315494	SARAWAK
29.	Columbia Asia Medical Centre Lot 1035-1039 Jalan Bulan Sabit, CDT 155 98009, Miri, Sarawak. Tel: 085-437755	SARAWAK
30.	Klinik Cheu SB Lot 512, Pelita Commercial Centre	

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(until March 2015)**

	98000, Miri Sarawak Tel: 085-438068, Fax: 085-43807	SARAWAK
31.	Columbia Asia 21st Century Healthcare Lot 3582, Block 26, Jalan Sri Ikhwan Kemena Land District Tanjung Kidurong 97000 Bintulu, Sarawak Tel: 086-251888 Faks 086-252888	SARAWAK
32.	Bintulu Medical Centre Lot 6009, Block 31, Kemena Land District 97000 Bintulu, Sarawak. Tel: 086-330333 Faks 086-330777	SARAWAK
33.	Normah Medical Specialist Centre Section 30 KTLD Jalan Tun Abdul Rahman, Petra Jaya 93050, Kuching, Sarawak Tel: 082-440055 Fax: 082-442600	SARAWAK
34.	Klinik Kesihatan Luyang Off, Jalan Lintas, 88300 Luyang, Kota Kinabalu, Sabah Tel: 088-715000	SABAH
35.	Klinik Kesihatan Sandakan KM 3.2 Jalan Utara 90500 Sandakan, Sabah Tel: 089-225800	SABAH
36.	Klinik Kesihatan Apas Balung Batu 24, Jalan Apas 91008 Tawau, Sabah Tel: 089-951029	SABAH
37.	Klinik Wilayah (L) Sdn. Bhd. U0391, Jalan Bunga Rambai 87069 Labuan Tel: 087-413140 Fax:087-413146	WP LABUAN

PREVENTION OF MOSQUITO BITES

- Minimize exposure by modifying activities to avoid exposure to vector bites. Peak biting times for Aedes mosquitoes are a few hours before dusk and after dawn. Avoid outdoor activity during these periods.
- Avoid mosquito bite by applying mosquito repellent to exposed skin. When using sunscreen or lotions, apply repellants last. Reapply whenever sweat or water has removed it. Active ingredient in a repellent repels but does not kill insects. Repellent that contains DEET (N, N-diethylmetatoluamide) is most reliable and long-lasting type (35% DEET provides protection for 12 hours). DEET formulations as high as 50% are recommended for both adults (including pregnant women) and children more than two (2) months of age. It is toxic when ingested and may cause skin irritation. Permethrin is highly effective both as an insecticide and as a repellent. There is little potential for toxicity from Permethrin-treated clothing.
- Use long sleeved clothes and long pants. Avoid wearing dark colours (attract mosquitoes).
- Close windows or shutters at night when indoors. Use pyrethrum insecticide spray (aerosol insecticides), pyrethroid coils or insecticide impregnated tablets in evening before sleep.
- Avoid strong perfumes, hair sprays or after-shaves (attract mosquitoes)!
- Use air-conditioning or good mosquito net especially treated with Permethrin.

REFERENCES/RESOURCES:

- International Health Regulations, 2005, WHO
- WHO International Travel & Health, 2014
- Control of Communicable Diseases Manual, 18th Edition by David L. Heymann, MD, Editor, 2004
- <http://www.cdc.gov/yellowfever/>
- <http://www.travelhealth.co.uk/>

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