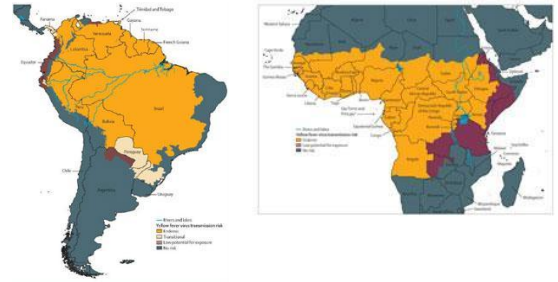


### 3 Easy Steps to avoid Yellow Fever

1. Get your vaccine early
2. Get your vaccine from a doctor who has expertise with the vaccine
3. Carry your international vaccination card when you travel



#### 1. Get your vaccine early

Ideally you should have the vaccine 6 weeks before travel. (The vaccine certificate is valid for life provided you are over 2 years old and have no problems with your immune system.)

The Yellow Fever vaccine can interfere with other vaccines so the vaccine scheduling must be planned accordingly. More than 600,000 doses of this vaccine have been given worldwide. Although this is a safe vaccine for most people, the risks of vaccination are not zero, and ideally you want any side effects to be over by the time you get on the plane.

#### Mild Side Effects of Yellow Fever Vaccine

- Most people will get a slight sore arm
- 2-10% may feel tired, headache, muscle aches, and fever for 24 hours starting 3-9 days after the vaccine.
- 1% will need to curtail their planned activities.

(This means you don't necessarily need to have the vaccine on a Friday so you will "get over it over the weekend" The reactions can be delayed up to 9 days. We do recommend you plan your vaccine so it is not given within 10 days of any important events like moving house, running marathons, family weddings etc.)

## **More Serious Side (Rare) Effects of Yellow Fever Vaccine**

1 in 130,000 persons vaccinated will get an immediate allergy to the vaccine e.g. rash, itching, faint or asthma. If you are vaccinated at our clinics, we strongly recommend that you wait 15 minutes in the clinic after vaccination to make sure any risk of that side effect has passed before you leave the clinic.

1 per 400,000 people vaccinated will develop very severe side effects; swelling or damage to multiple organs e.g. brain, lungs, kidney, liver, spleen, skin, or blood. Thankfully this is extremely rare but some persons are more at risk of side effects than others.

Properly trained yellow fever providers know who can and cannot be safely vaccinated. Your travel medicine specialist will discuss all this with you in more detail before you have the vaccine. They will also be on call for you 24/7 for you to phone for advice if you think you may be having a reaction to yellow fever (or any other vaccine).

## **2. Get your vaccine from a doctor with expertise in this area**

The nature of the Yellow Fever vaccine makes it *critically important* that the medical staff recommending and administering the vaccine are well versed in its use, especially that the doctors know who can and cannot have the vaccine safely. The clinic needs the right equipment and knowledge to safely deal with side effects.

In many countries, the Yellow Fever vaccine is only given by authorized doctors who have undertaken extra training. In Australia, this is *not* the case. In Australia you cannot assume that just because a doctor has a license to give yellow fever vaccine they have any specific training in its use.

## **7 Questions to consider when choosing your yellow fever vaccine provider**

1. Does the doctor have extra training in travel medicine and particularly the use of this vaccine?
2. Does the doctor know about the special scheduling requirements of this vaccine?
3. Does the clinic have a formal waiting policy after vaccination?
4. Is the doctor who is going to give you the vaccine on call for the next 10 days ... to ensure that you can speak to someone if you feel you are having a reaction to the vaccine?
5. Will recording of the vaccine details be undertaken precisely?
6. Does the clinic have experience caring for the cold chain requirements of this vaccine, so the injected vaccine is at proper strength when it is given to you?
7. Will batch numbers and other records of the vaccine be stored securely for life? Replacement certification may be required many years after the vaccine is administered, so excellent records must be kept, in order that replacement certificates can be issued. Most medical records only have to be kept for 7 years. YF requires special arrangements to keep the records easily accessible for many years from your vaccination date.

Doctors in the [Travel Medicine Alliance](#) can answer yes to all these questions and have made a commitment to travel medicine by taking extra courses and study in the area of travel medicine.

To find an expert Yellow fever provider near you go to  
<http://www.travelmedicine.com.au/member-locations/>

### 3. Carry your international vaccination card when you travel

The little yellow card must be correctly completed, and is necessary to prove that you have been vaccinated.

If you cannot be vaccinated, you will need to carry a certificate of exemption, which must be signed and stamped by the approved yellow fever vaccination centre. We encourage you to make a copy of this important document and email it to yourself.

If your vaccine record goes astray while you are travelling, and you visit one of the Travel Medicine Alliance clinics, you can email that clinic and we will send you a replacement.

