

19th June 2012

Silvana Vicoli
John XXIII College
MOUNT CLAREMONT 6010

Dear Silvana

Re VIETNAM PILGRIMAGE – Medical Advice

Thank you for asking me for my advice on the pilgrimage to Vietnam again this year. Those students attending their own GPs should print off this advice to assist their doctor.

Routine Vaccinations.

It is important to check that these routine childhood vaccines have been done

- Tetanus (preferably Boostrix or Adacel brand) booster within 10 years
- Measles Mumps Rubella completed course (2 shots age 1 and 4)
- Hepatitis B (At birth or 12 years old schedule.)
- Meningococcal C

Travel Vaccinations

The following are not routine vaccines for Australian children but should be done for this trip

- Hepatitis A + Typhoid (A combined Hep A + Typhoid shot is available)
- Annual flu shot

Mosquito-borne illness.

There is virtually no malaria risk on this itinerary. Dengue fever is however a potential problem in Ho Chi Minh City (Saigon), so the importance of mosquito avoidance should be stressed.

Travellers Diarrhoea

This is easily the most likely medical problem to occur, with an incidence around 30% per traveller per month, so care with choice of food, bottled water, and handwashing before eating should be stressed. Students are encouraged to take a basic self-treatment kit. I compile a small one specifically for students called a Mini-Essentials kit. The cost is \$40.

My travel clinic runs every Thursday evening from 5pm to 8pm at Chelsea Village, 20/145 Stirling Hwy Nedlands. To make a booking just send an Email to clinic@ulyssesmedical.com stating preferred date and time on the half hour, eg 'Thu 23rd August at 530.' You will receive a reply to confirm. Most students will require only one visit, but those who missed out on their Year 7 Hepatitis B shots will need a second visit and should get started as soon as possible. A 10% discount applies to JTC pilgrims.

Yours sincerely

Dr Peter Burke
MBBS FRACGP DTM&H FACTM

Website ulyssesmedical.com