

HEALTH IN PEOPLE'S REPUBLIC OF CHINA

Before visiting China, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination.

Be sure your routine vaccinations are up-to-date: influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life.

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

1. Vaccines/Immunizations (4-6 weeks before your stay in China):

- Hepatitis A or immune globulin (IG). Hepatitis B if you might be exposed to blood, have sexual contact with the local population, be exposed through medical treatment, or stay longer than 6 months.
- Rabies, if you might be exposed to wild or domestic animals.
- Typhoid, for visiting developing countries.

2. Bring your medical records along with you

You are recommended to take your medical records along. In the event of an emergency your medical records will be of great assistance. The medical record should include your blood type, immunization record, allergies, and any medications you are currently taking (both prescription and non-prescription). You should also include your doctor's name, address, phone number, emergency contact name and phone number, and your insurance company's name, address and phone number.

Do not forget that any medicines common to Western countries are unavailable in China. So for a long term stay, bring it with you (for example : antibiotics to treat a cold).

3. Medicines you may need

- **The prescription medicines you take every day.** Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage.
- Antimalarial drugs, if traveling to a malaria-risk-area in China and prescribed by your doctor.
- **Medicine for diarrhea**, usually over-the-counter.

Note: Some drugs available by prescription in the US are illegal in other countries. If your medication is not allowed in China, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

Other items you may need:

- Iodine tablets and portable water filters to purify water if bottled water is not available.
- Sunblock and sunglasses for protection from harmful effects of UV sun rays.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
- To prevent insect/mosquito bites, bring:
 - Lightweight long-sleeved shirts, long pants, and a hat to wear outside.
 - Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
 - Bed nets treated with permethrin, if you will not be sleeping in an air-conditioned or well-screened room and will be in malaria-risk areas. Overseas, permethrin or another insecticide, deltamethrin, may be purchased to treat bed nets and clothes.

4. Chinese Hospitals

Ambulances do not carry sophisticated medical equipment, and ambulance personnel generally have little or no medical training. Therefore, injured or seriously ill Foreigners may be required to take taxis or other immediately available vehicles to the nearest major hospital rather than

waiting for ambulances to arrive. In rural areas, only rudimentary medical facilities are generally available. Medical personnel in rural areas are often poorly trained, have little medical equipment or availability to medications. Rural clinics are often reluctant to accept responsibility for treating foreigners, even in emergency situations.

Foreigners will be asked to post a deposit prior to admission to cover the expected cost of treatment. Hospitals in major cities may accept credit cards for payment. Even in the VIP/Foreigner wards of major hospitals, however, American patients have frequently encountered difficulty due to cultural and regulatory differences. Physicians and hospitals have sometimes refused to supply American patients with complete copies of their Chinese hospital medical records, including laboratory test results, scans, and xrays. All Americans traveling to China are strongly encouraged to buy foreign medical care and medical evacuation insurance prior to arrival.

Most hospitals and medical facilities will require either a deposit, or payment up front. In major cities they may accept credit cards, but remember cash will be necessary (10000 RMB). They will not all recognize foreign medical insurance. It is the reason why it is advisable to check your own travel insurance carefully before you leave to confirm what you may be able to claim on your return.

5. Long term students medication (>6 weeks)

- Personal prescription medications in their original containers (copies of all prescriptions should be carried, including the generic names for medications, and a note from the prescribing physician on letterhead stationery for controlled substances and injectable medications)
- Over-the-counter antidiarrheal medication (e.g., bismuth subsalicylate, loperamide)
- Antibiotic for self-treatment of moderate to severe diarrhea
- Antihistamine
- Decongestant, alone or in combination with antihistamine
- Anti-motion sickness medication
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- Mild laxative
- Cough suppressant/expectorant
- Throat lozenges
- Antacid
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream
- Epinephrine auto-injector (e.g., EpiPen), especially if history of severe allergic reaction.

Other Important Items

- Insect repellent containing DEET (up to 50%)
- Sunscreen (preferably SPF 15 or greater)
- Aloe gel for sunburns
- Digital thermometer
- Oral rehydration solution packets
- Basic first-aid items (adhesive bandages, gauze, ace wrap, antiseptic, tweez-ers, scissors, cotton-tipped applicators)
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol
- Moleskin for blisters
- Lubricating eye drops

Other items that may be useful in certain circumstances

- Mild sedative (e.g., zolpidem) or other sleep aid
- Anti-anxiety medication
- High-altitude preventive medication
- Water purification tablets

6. How to stay healthy?

- Drink only boiled or bottled water or carbonated drinks in cans or bottles.
- Avoid tap water, fountain drinks and ice cubes.
- Protect yourself from mosquito bites using mosquito/insect repellent or spray.
- Bring over-the-counter antidiarrheal medicine if you have or get diarrhea easily.
- Bring Ibuprofen, Motrin, Advil, or other types of mild pain relievers for headaches, toothaches, muscular aches, backaches, the common cold, menstrual cramps and fever reducers and mild body pain.

7. How to avoid sickness?

- Don't eat food purchased from street vendors.
- Don't drink beverages with ice.
- Don't handle animals (especially monkeys, cats, dogs), to avoid the risk of rabies.
- Don't swim in fresh water (excluding well-chlorinated pools) in some parts of China to avoid infection with schistosomiasis.

8. Health Precautions

- Wash hands often with soap or water (and/or instant antibacterial hand wash).
- Outside main centers, all water used for drinking, brushing teeth or freezing should have first been boiled or otherwise sterilized.
- Protect yourself from mosquito bites using mosquito/insect repellent or spray.
- Don't share needles with anyone.

9. Food and Drink

- Drink only boiled or bottled water or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks and ice cubes.
- Don't eat food purchased from street vendors.
- Eat only thoroughly cooked food, or fruits and vegetables that you have peeled yourself.
- Never eat uncooked meat, raw eggs, or unpasteurized dairy products. Raw shellfish is dangerous for people who have liver disease or compromised immune systems.
- Don't drink beverages with ice.
- Don't eat or drink dairy products unless you know they have been pasteurized.
- Only eat well-cooked meat and fish.
- Pork, salad, scallops, snails and mayonnaise may carry increased risk.
- Vegetables should be cooked and fruit peeled.

What to do in emergency case?

1. Call your embassy medical emergency hotline
2. Call campus to explain what happens to you.

American Citizen Services U.S. Embassy

No. 55 An Jia Lou Road, Chaoyang District, 100600 BEIJING
Tel.: (86-10) 8531-4000 - Fax: (86-10) 8531-3300.

British Embassy Consular Section (open to the public Monday to Friday from 0830-1330)
Floor 21, North Tower, Kerry Centre, 1 Guanghualu, 100020 BEIJING
Tel.: (0086) (0)10 8529 6600 x3363 or 3412 - Fax: (0086) (0)10 8529 6081.
Emergency: call the Consular Duty Officer at 13901014396.

Embassy of Australia

21 Dongzhimenwai Dajie, 100600 BEIJING
Tel.: (0086) (0)10 5140 4111 - Fax: (0086) (0)10 5140 4292.

Canadian Embassy

19 Dongzhimenwai Dajie, Chao Yang District, 100600 BEIJING
Tel.: (+8610) 5139-4000 - Fax: (+8610) 5139-4448.

The Consular Section offers 24-hour emergency service to Canadians in distress. For emergency assistance after hours, call (010) 5139-4000 and follow the instructions.