

Japanese Encephalitis

PRIORITISE YOUR TRAVEL HEALTH

People travelling to Asia, the Western Pacific or Australia may be at risk from Japanese encephalitis, a virus passed on through mosquito bites – **just one bite could make a difference**^{1,2}



- ▶ Japanese encephalitis is the main cause of viral encephalitis in many countries of Asia, with an estimated **100,000 clinical cases** every year¹
- ▶ **Most infections** are mild or **show no symptoms**¹
- ▶ **Up to 30% of people** who develop encephalitis die¹
- ▶ **Up to 50% of survivors** suffer permanent, life-changing neurological or psychiatric problems such as seizures, weakness of the limbs or hearing/vision loss^{1,2}

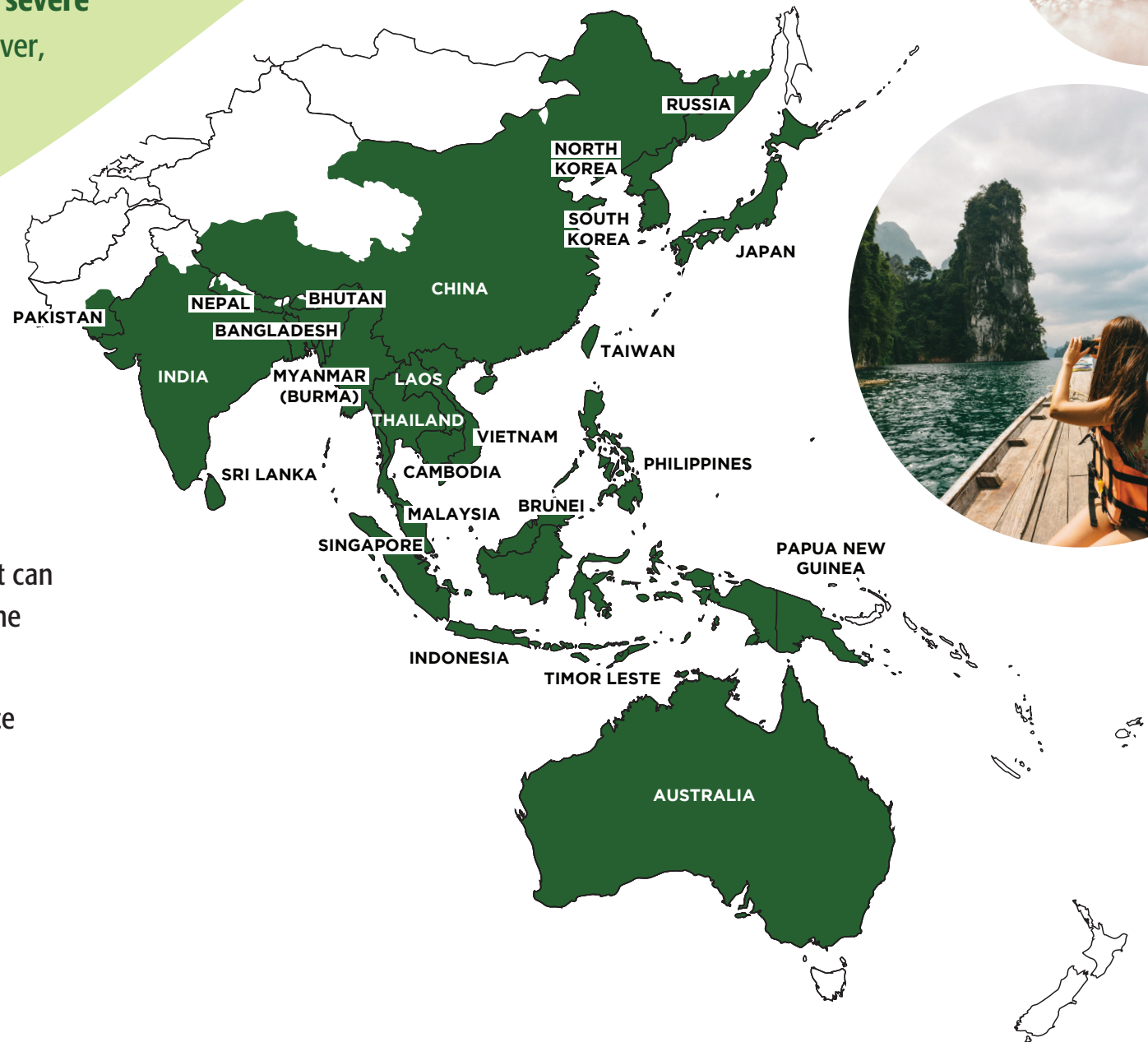
Most Japanese encephalitis virus infections are mild (fever and headache) or asymptomatic, but approximately **1 in 250 cases can result in severe clinical illness** with sudden onset of high fever, headache, disorientation, seizures, spastic paralysis, and coma¹

Where can travellers contract Japanese encephalitis?³

- ▶ Japanese encephalitis has spread, and it can be found in **25 countries in Asia** and the Western Pacific⁴
- ▶ **Nepal** has been facing an outbreak since June 2024, and at least two cases were recently reported in **Australia**⁵⁻⁷

Map Key³

■ JE risk areas



When and where do mosquitoes bite?

Mosquitoes are active year-round in sub-tropical regions, and different species of mosquito bite at different times of day.⁸

When



Some bite during the night (particularly those that transmit Japanese encephalitis)



Some bite during the day

Did you know?



Insect repellent is only partially effective, and only when applied correctly.^{15,16}

- ▶ Research shows that around **98% of people may not apply the recommended protective dose.**¹⁷
- ▶ As well as using more repellent, other protective measures include **mosquito nets** and the wearing of **long-sleeved clothing.**^{15,17}

RURAL AREAS



URBAN AREAS
outdoors and indoors¹³

Where

Japanese encephalitis could be considered a **rural disease** since mosquitoes lay their eggs in standing water and transmission to pigs is involved in the life cycle of the virus.

However, risk of **transmission in urban areas also exists** and circulation of the disease-carrying mosquito has been found in at least two cities in Southeast Asia⁹⁻¹²



Global warming is also increasing the risk of Japanese encephalitis as it **improves conditions** for mosquitoes¹⁴



Are you at risk of getting Japanese encephalitis?

The following groups may face increased risk of Japanese encephalitis...^{18,19}

- ▶ Residents of rural areas in endemic locations
- ▶ Expatriates or travellers with long-term exposure to rural endemic areas
- ▶ Shorter-term travellers partaking in high-risk activities such as spending time close to rice fields or camping

Visiting friends and family

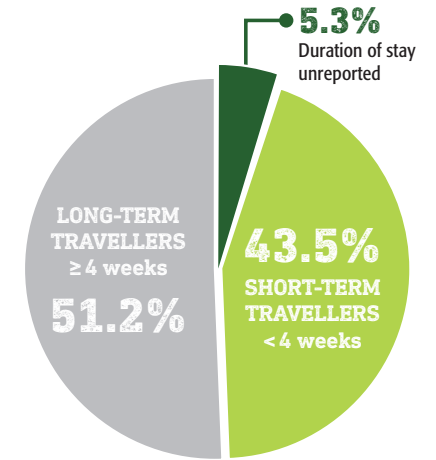
You should also consider your risk if you are visiting friends and family in an at-risk area, or if you are returning to a risk area in which you once resided.²⁰



If you feel you are part of any of these groups, talk to your healthcare professional about a full travel health risk assessment before travelling.

Short-term and long-term travel

Over 40% of Japanese encephalitis cases occur in short-term travellers, and over 50% in long-term travellers²¹, so prevention should be considered regardless of how long your planned trip is.



How can you help reduce your risk of infection?



Talk to your healthcare professional about a full travel health risk assessment before travelling²²



Avoid mosquito bites, and be aware that they can bite at any time of day or night^{8,22}



Use a recommended **insect repellent** containing either DEET (50%), picaridin (20%), or highest strength formulation of eucalyptus oil²²



Wear appropriate clothing (e.g. long-sleeved shirt, long trousers) to minimise exposed skin and **use mosquito nets** for additional protection²²

Talk to your healthcare professional today
or visit **bewareofthebugs.com** to start
your online consultation now.



Scan the QR code



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