

HOW CAN YOU PREVENT GETTING RABIES?

Talk to your **healthcare professional** about a full travel health risk assessment before travelling.¹³



GP



Travel clinician



Nurse



Pharmacist



Avoid contact with any wild / domestic pets. Animals that appear to behave normally **can still be infectious.**¹⁰



If you are bitten or scratched, the wound should be cleaned thoroughly with plenty of soap and water and treated with a disinfectant containing iodine or another substance that kills viruses. **Seek medical help immediately.**^{3,10}

To find out more about rabies and other travel diseases visit www.bewareofthebugs.com



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

SCAN QR CODE



References: 1. WHO. Rabies Key facts. January 2023. Available at: <https://www.who.int/news-room/fact-sheets/detail/rabies>. Accessed: July 2023; 2. CBI. What is the demand for outbound tourism on the European market? July 2023. Available at: <https://www.cbi.eu/market-information/tourism/trade-statistics>. Accessed: July 2023; 3. NHS. Rabies. February 2023. Available at: <https://www.nhs.uk/conditions/rabies/>. Accessed: July 2023; 4. CDC. What are the signs and symptoms of rabies? December 2021. Available at: <https://www.cdc.gov/rabies/symptoms/index.html#print>. Accessed: July 2023; 5. WHO. Rabies overview. Available at: https://www.who.int/health-topics/rabies#tab=tab_1. Accessed: July 2023; 6. WHO. Rabies symptoms. Available at: https://www.who.int/health-topics/rabies#tab=tab_2. Accessed: July 2023; 7. Murray HW. Rabies Exposures in International Travelers: A Review. *Microbiol Infect Dis.* 2021; 5(5): 1-11; 8. Bantjes SE, Ruijs WLM, van den Hoogen GAL, et al. Predictors of possible exposure to rabies in travellers: A case-control study. *Travel Med Infect Dis.* 2022;47:102316; 9. Gautret P, Parola P. Rabies vaccination for international travelers. *Vaccine.* 2012;30(2):126-133; 10. NaTHNaC. Worldwide rabies risk reminder. January 2022. Available at: <https://travelhealthpro.org.uk/news/476/worldwide-rabies-risk-reminder>. Accessed: July 2023; 11. WHO Rabies, countries or areas at risk, 2013. Available at: https://www.who.int/images/default-source/maps/global_rabies_ithriskmap.png?sfvrsn=369e66bc_0. Accessed: July 2023; 12. Gautret P, Diaz-Menendez M, Gouhuus A, et al. Epidemiology of rabies cases among international travellers, 2013-2019: A retrospective analysis of published reports. *Travel Med Infect Dis.* 2020;36:101766; 13. PHE. Rabies information for travellers. October 2019. Available at: <https://www.gov.uk/government/publications/rabies-risks-for-travellers>. Accessed: July 2023.

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RABIES IS STILL PRESENT AND ALMOST ALWAYS FATAL WHEN LEFT UNTREATED.¹



European tourism to developing countries, where rabies persists as a serious risk, is on the rise.^{2,3}

Don't travel unprepared.

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WHAT IS RABIES?



- Rabies is a rare but serious infection of the brain and nerves, often caused by a **bite** or **scratch** from an infected animal, usually dogs.³
- Once clinical signs of rabies appear, the disease is nearly always fatal.⁴
- Fewer than **20 cases** of human survival from clinical rabies have been documented.⁴

SYMPTOMS

The first symptoms of rabies include weakness, discomfort, fever and headache. In later stages, the virus spreads to the central nervous system, causing fatal inflammation of the brain and spinal cord.^{4,6}



Rabies is estimated to cause **59,000 deaths annually** in over **150 countries**.⁵

HOW IS RABIES TRANSMITTED?

- **Up to 99%** of all human rabies infections are caused by a bite or scratch from an infected dog.¹
- However, **international travellers** can be exposed to a broad range of animals that may carry the rabies virus:⁷



DOG



CAT



BAT



MONKEY

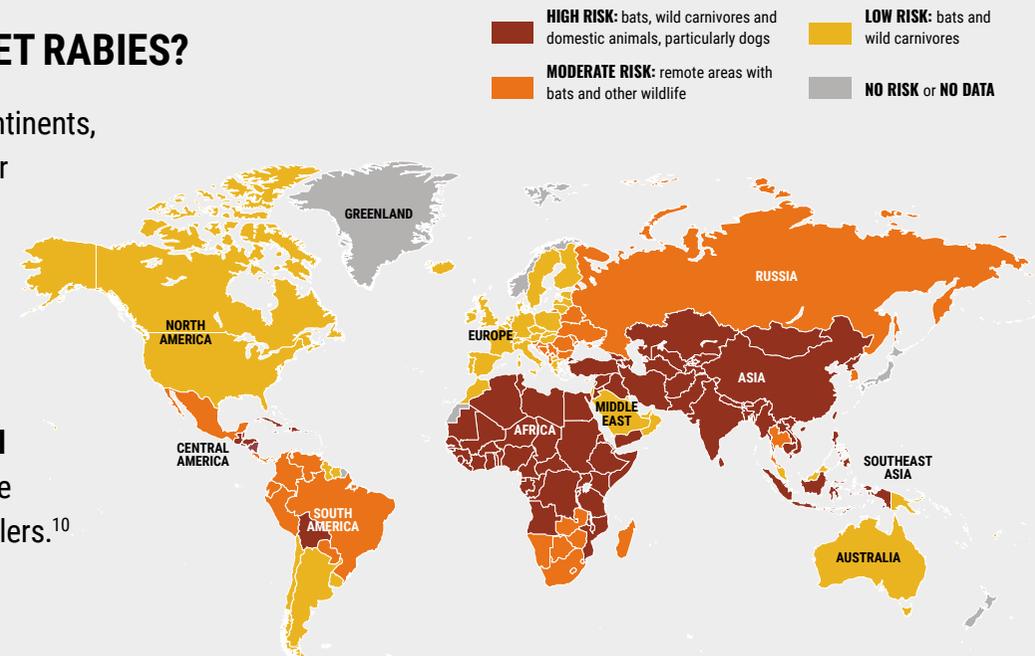
- It is estimated that **6.6 injuries** are caused by potentially rabid animals **per 1000 tourists** per month of stay worldwide.^{8,9}

WHERE CAN YOU GET RABIES?

Rabies is present on all continents, except Antarctica, with over **95% of cases occurring in Africa and Asia**.^{1,5}

In 2019, a total of **four fatal imported rabies cases** were reported in European travellers.¹⁰

Image Adapted from WHO (2013)¹¹



DURING 2013–2019,¹²
among 23 cases of rabies in international travellers*...

87%

were exposed to rabies in Asia and Africa

26%

acquired rabies when travelling for tourism

**Individuals who crossed an international border between the time of infection and diagnosis, or who were infected following expatriation or migration.¹²*