

# Protect yourself against rabies and what to do if you get bitten<sup>1</sup>

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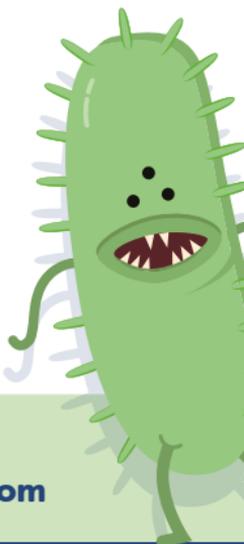


## AVOID ANIMAL BITES

- Do not approach animals
- Do not attempt to pick up an unusually tame animal or one that appears to be unwell
- Do not attract stray animals by offering food or by being careless with litter
- Be aware that certain activities may attract dogs (e.g. running, cycling)
- Be extra careful when visiting temples with roaming animals (e.g. monkeys)<sup>2</sup>

## FOLLOWING A POSSIBLE RABIES EXPOSURE, YOU SHOULD:

- **Take urgent action!** The below should be commenced as soon as possible after the exposure
- Immediately flush the wound thoroughly under running water for several minutes and wash with detergent or soap
- Apply a suitable disinfectant to the wound such as 40–70% alcohol or tincture/aqueous solution of povidone-iodine
- Apply a simple dressing to the wound
- Seek immediate medical advice about the need for post-exposure treatment (PET) and possible antibiotics to prevent a wound infection
- Thoroughly wash the eyes, mouth and nose with water, if they were exposed to saliva
- Tetanus vaccine may be necessary if you are not up to date as animal bites may be considered tetanus-prone wounds



To find out more about rabies and other travel diseases, visit [www.bewareofthebugs.com](http://www.bewareofthebugs.com)

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of the **Bugs**

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This factsheet has been developed and funded by Valneva UK and is intended for a UK audience only.

Reference: 1. Rabies. NaTHNaC – Rabies. March, 2019. Available online: <https://travelhealthpro.org.uk/factsheet/20/rabies> (Last accessed: August 2023) 2. Rabies information for travellers. GOV.UK. October, 2019. Available online: <https://www.gov.uk/government/publications/rabies-risks-for-travellers/rabies-information-for-travellers> (Last accessed: August 2023)

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