

How can you help reduce your risk of infection?



Talk to your healthcare professional about a full travel health risk assessment before travelling⁸



Avoid mosquito bites, especially from dusk to dawn (when mosquitoes are most active)^{3,8}



Use a recommended **insect repellent** containing either DEET (50%), picaridin (20%), or highest strength formulation of eucalyptus oil⁸

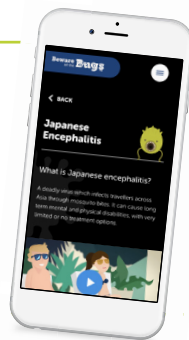


Wear appropriate clothing (e.g. long-sleeved shirt, long trousers) to minimise exposed skin and **use mosquito nets** for additional protection⁸

Scan QR code



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



References: 1. World Health Organization. Fact sheet: Japanese encephalitis. May 2019. Available online: <https://www.who.int/news-room/fact-sheets/detail/japanese-encephalitis>. (Last accessed October 2023). 2. Centers for Disease Control and Prevention. Yellow Book 2024. Section 5 - Travel-Associated Infections & Diseases. Japanese encephalitis. May 2023. Available online: <https://www.cdc.gov/travel/yellowbook/2024/infections-diseases/japanese-encephalitis>. (Last accessed October 2023). 3. Pavli A, Maltezos HC. Travel-acquired Japanese encephalitis and vaccination considerations. *J Infect Dev Ctries*. 2015;9(9):917-924. 4. Murty US, et al. The effects of climatic factors on the distribution and abundance of Japanese encephalitis vectors in Kurnool district of Andhra Pradesh, India. *J Vector Borne Dis*. 2010;47(1):26-32. 5. Tian HY, et al. How environmental conditions impact mosquito ecology and Japanese encephalitis: an eco-epidemiological approach. *Environ Int*. 2015;79:17-24. 6. Centers for Disease Control and Prevention. Japanese Encephalitis Virus. Geographic Distribution of Japanese Encephalitis Virus. April 2023. Available online: <https://www.cdc.gov/japaneseencephalitis/maps/index.html> (Last accessed October 2023). 7. Turtle L, et al. 'More than devastating'-patient experiences and neurological sequelae of Japanese encephalitis. *J Travel Med*. 2019;26(7). 8. Public Health England. Mosquito bite avoidance: advice for travellers. January 2023. Available online: <https://www.gov.uk/government/publications/mosquito-bite-avoidance-for-travellers>. (Last accessed October 2023).

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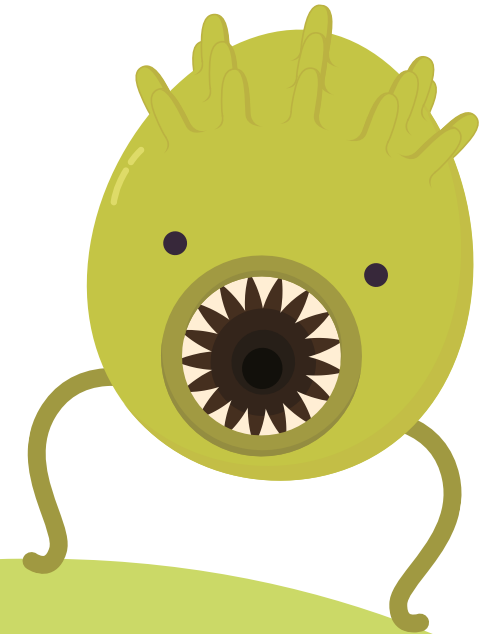
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Japanese Encephalitis

Just one bite is all it takes

Are you willing to take the chance?

People travelling to Asia, the Western Pacific or Australia may be at risk from Japanese encephalitis, a virus passed on through mosquito bites^{1,2}



- ▶ Up to **1/3** of people who develop encephalitis **die**¹
- ▶ Up to **1/2** of survivors suffer **permanent, life-changing neurological or psychiatric problems** such as paralysis, seizures, or the inability to speak^{1,2}
- ▶ **Most** infections are **mild** or show **no symptoms**¹

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Japanese encephalitis can include severe symptoms such as sudden onset of high fever, headache, disorientation, seizures, spastic paralysis, and coma.¹

Are you at risk of getting Japanese encephalitis?

► Mosquitoes may bite as soon as travellers arrive:³

39 cases of Japanese encephalitis sorted by duration of travel* (1992-2012)³

51.2% of cases during trips of <4 weeks

43.5% of cases during trips of >4 weeks

**unreported duration of travel for 5.3% of travellers*

► People are at risk in both urban and rural areas:^{2,4}

Density of a *Culex* species mosquito in the region of Andhra Pradesh, India⁴

36 mosquitoes PMH* in **rural** regions

83 mosquitoes PMH* in **urban** regions

**per man hours. This is a measure of the density of mosquitoes calculated by dividing the number of mosquitoes collected by the number of man-hours spent in the collection.*

► Global warming is increasing the risk of mosquito-borne diseases as it creates **favourable breeding conditions** for mosquitoes⁵



► In 2014/2015, **three British travellers** became infected with Japanese encephalitis:⁷



21 year old female travelling in Thailand: Heart stopped beating in hospital; recovered but persistent fatigue even 2.5 years later



31 year old female travelling in China: Now significantly paralysed and requires a ventilator to help with breathing



24 year old male travelling in Thailand, Laos, Cambodia and Vietnam: Significantly paralysed (all four limbs) and requires a ventilator to help with breathing