

# TEN COMMANDMENTS FOR SEAFARER IN TROPICAL COUNTRY

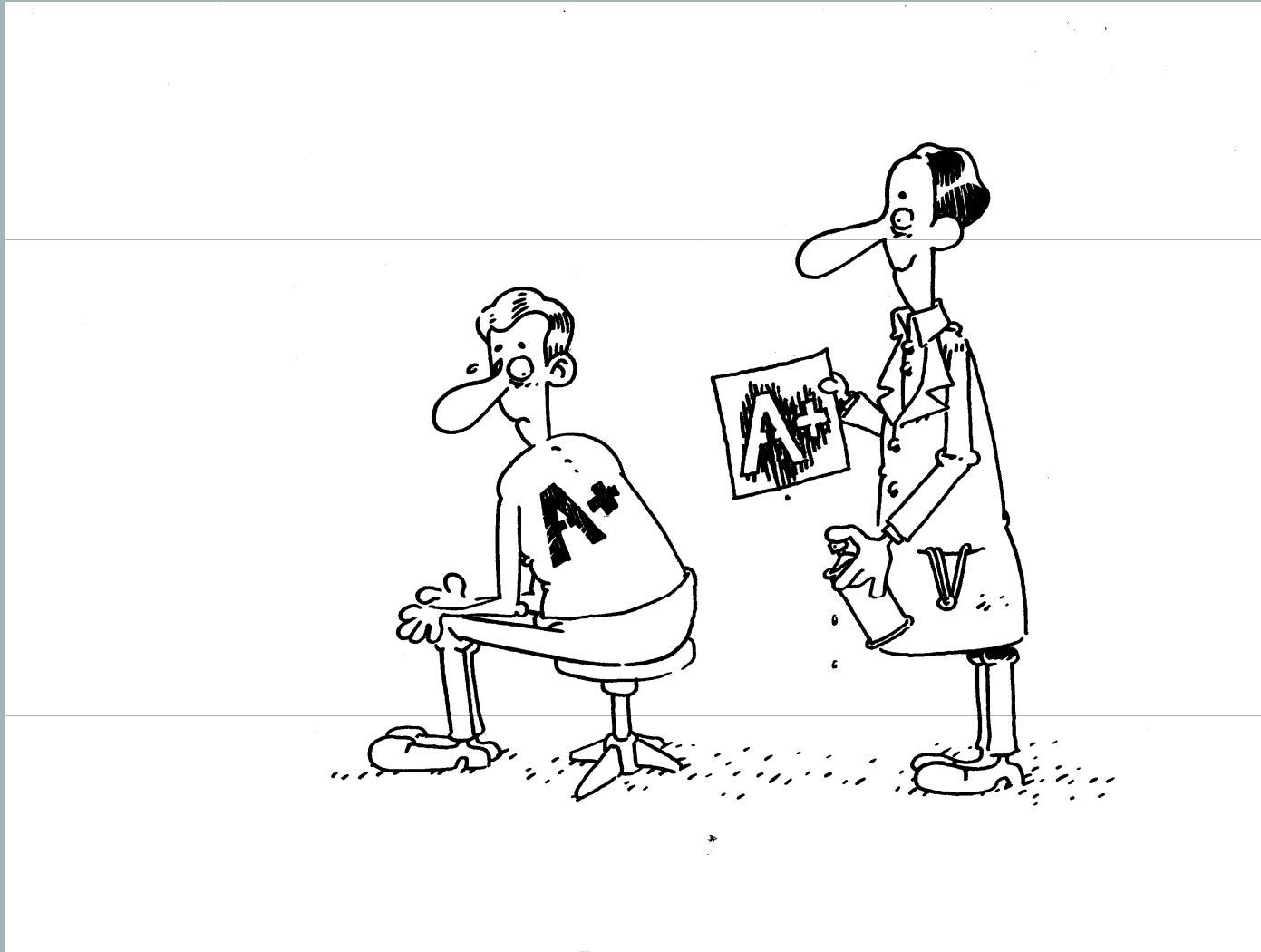
*DR. NEBOJŠA NIKOLIĆ*



‘You can do everything right and become ill, or do everything wrong and keep well...your state of health depends largely on common sense, good luck and your ability to fight off infectious agents and survive chaotic road traffic.’



# I. THOU SHALT CONSULT WITH THY PYSICIAN



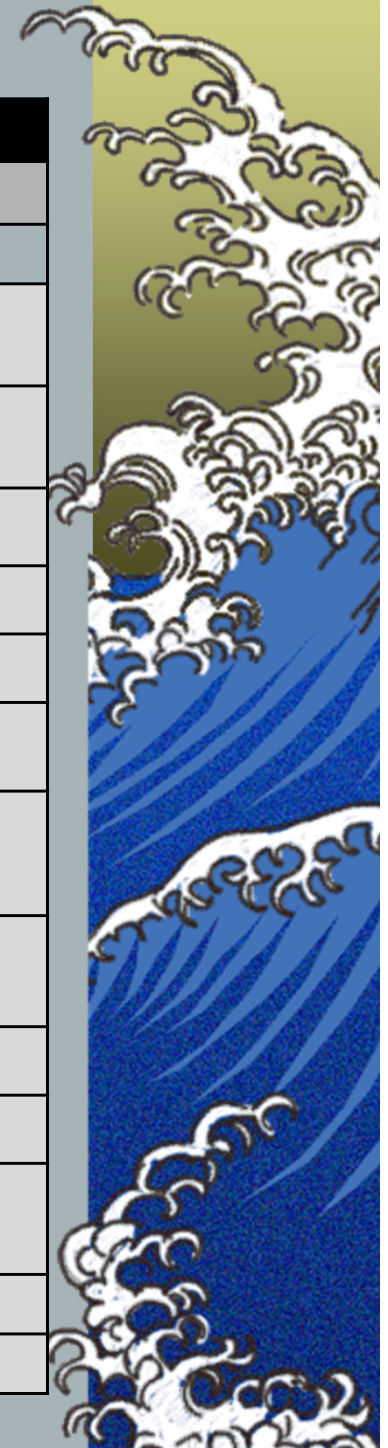
## A. Preparation for Travel:

1. *Dental care or other minor ailments.*
2. *Supply of necessary medications.*
3. *Letter regarding current disease.*
4. *Medic Alert Tag.*
5. *Prophylactic medications and advice.*
6. *Eye glasses: extra pair, prescription sun glasses.*
8. *Health Information*



# Immunization:

Travel vaccines:			
Class	Vaccine	Booster (yr)	Indication
<b>a. Routine</b>	Tetanus	10 (or according to national regulations)	All travellers
	Diphtheria	10 (or according to national regulations)	All travellers
	Pertussis	Unvaccinated or according to national regulations	All travellers
	Poliomyelitis (oral)	once	All travellers
	Poliomyelitis (inj.)	once	All travellers
	Human papilloma virus <sup>1</sup>	none	All travellers
	MMR (measles, mumps, rubella)	none	All travellers
	Hepatitis B	none	All travellers
	Influenza <sup>2</sup>	annually	All travellers
	Rotavirus <sup>1</sup>	none	All travellers
	Tuberculosis (BCG) <sup>3</sup>	none	All travellers
	Varicella <sup>1</sup>	none	All travellers
	Pneumococcal disease	none	All travellers

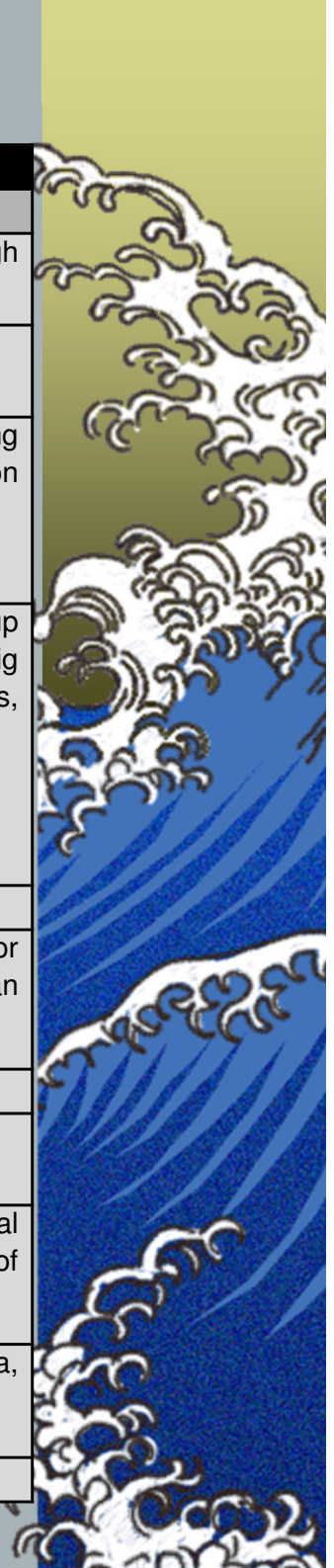


## Travel vaccines:

Class	Vaccine	Booster (yr)	Indication
<b>b. Required (International borders)</b>	Yellow fever	None (10 in some countries)	South America and Africa
	Meningococcal disease	1 (3-5 depending on the type of the vaccine)	Hajj (S. Arabia)
	Poliomyelitis	once	Hajj (S. Arabia)

**Travel vaccines:**

<b>Class</b>	<b>Vaccine</b>	<b>Booster (yr)</b>	<b>Indication</b>
<b>c. Recommended</b>	Cholera	2	Travellers to remote high risk areas
	Hepatitis A <sup>4</sup>	none	Travellers to risk areas
	Japanese encephalitis <sup>4</sup>	1-2 (or none depending on the type of the vaccine)	Rural Asia, S.E. Asia, long stay in transmission areas
	Meningococcal disease <sup>4</sup>	1 (3 – 5 depending on the type of the vaccine)	Sub-Saharan Africa, group accommodation on big sport events (sport camps, sport villages)
	Rabies	If VNA titre < 0,5 IU/ml	
	Typhoid fever (inj.)	3	Indian subcontinent or prolonged stay /more than a month.
	Typhoid fever (oral)	3 - 7	
	Yellow fever <sup>4</sup>	none	South America, Africa
	Tick-borne encephalitis <sup>1</sup>	3	Eastern and Central Europe, parts of Scandinavia
	Dengue	none	S-E Asia, S America, Caribbean
	COVID 19 <sup>5</sup>	6 months <sup>5</sup>	Globally



## C. Medicinals:

- *Antimalarial*
- *Antidiarrheal (loperamide / cipro / nor / levo / ofloxacin)*
- *Antiemetic (dimenhydrinate)*
- *Analgesic (codeine)*
- *Antihistamine (hydroxyzine, terfenadine)*
- *Antipyrexial (tylenol, ASA)*

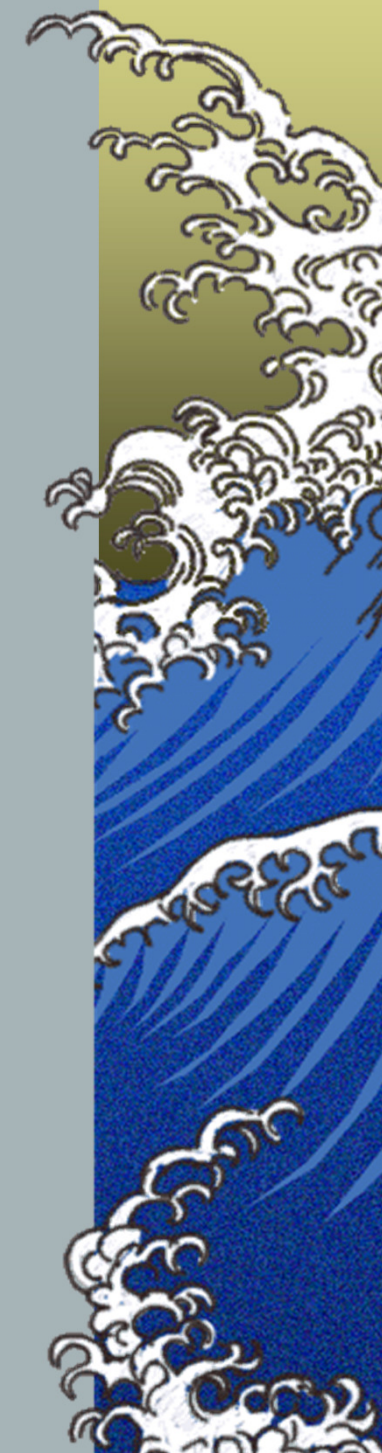




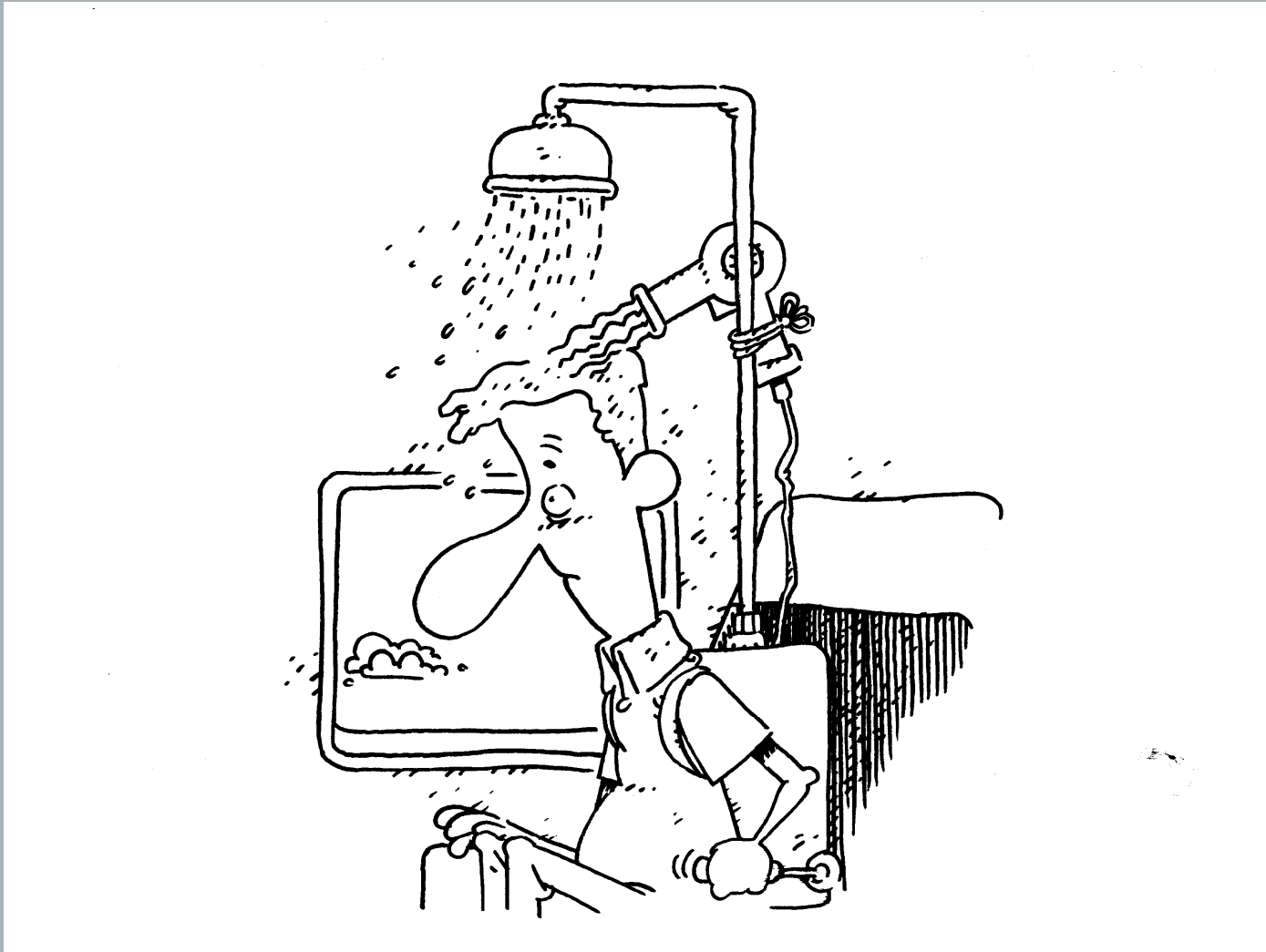
# AN ANTIBIOTIC FOR ALL REASONS?

<i>Skin</i>	<i>Bowel Bladder</i>		<i>Resp.</i>
<i>Ciprofloxacin</i> +	+++	+++	+
<i>Ofloxacin</i>	+++	+++	++
<i>Levofloxacin</i>	+++	+++	++
<i>Cotrimoxazole</i>	++	+++	++
<i>Cephalexin</i>	---	++	+++
<i>Cefuroxime</i>	---	+	+++
<i>Clarithromycin</i>	---	---	+++
<i>Azithromycin</i>	++	+	+++
<i>Clavulin</i>	---	---	+++

*Most medications are available OTC in most developing countries.*



## II. THOU SHALT ACCLIMATIZE THYSELF



- *Adequate fluids*
- *Extra-dietary salt*
- *Adequate rest*
- *Loose fitting, light colored, cotton clothing*
- *Sunscreen* - *SPF 15 or greater*  
- *oxybenzone, anthrinilates*

- *Jet lag:*

- a. *sleep/wake time shift:*

- westbound: go to bed later and and waken later.*

- eastbound: go to bed earlier and waken earlier*

- b. *light-exposure alteration:*

- eastbound:  $\leq 6$  time zones:  $\uparrow$  a.m. light*

- 7-12 time zones:  $\uparrow$  p.m. light*

- westbound: reverse of eastbound*

- c. *Triazolam: prograde amnesia, "rebound".*

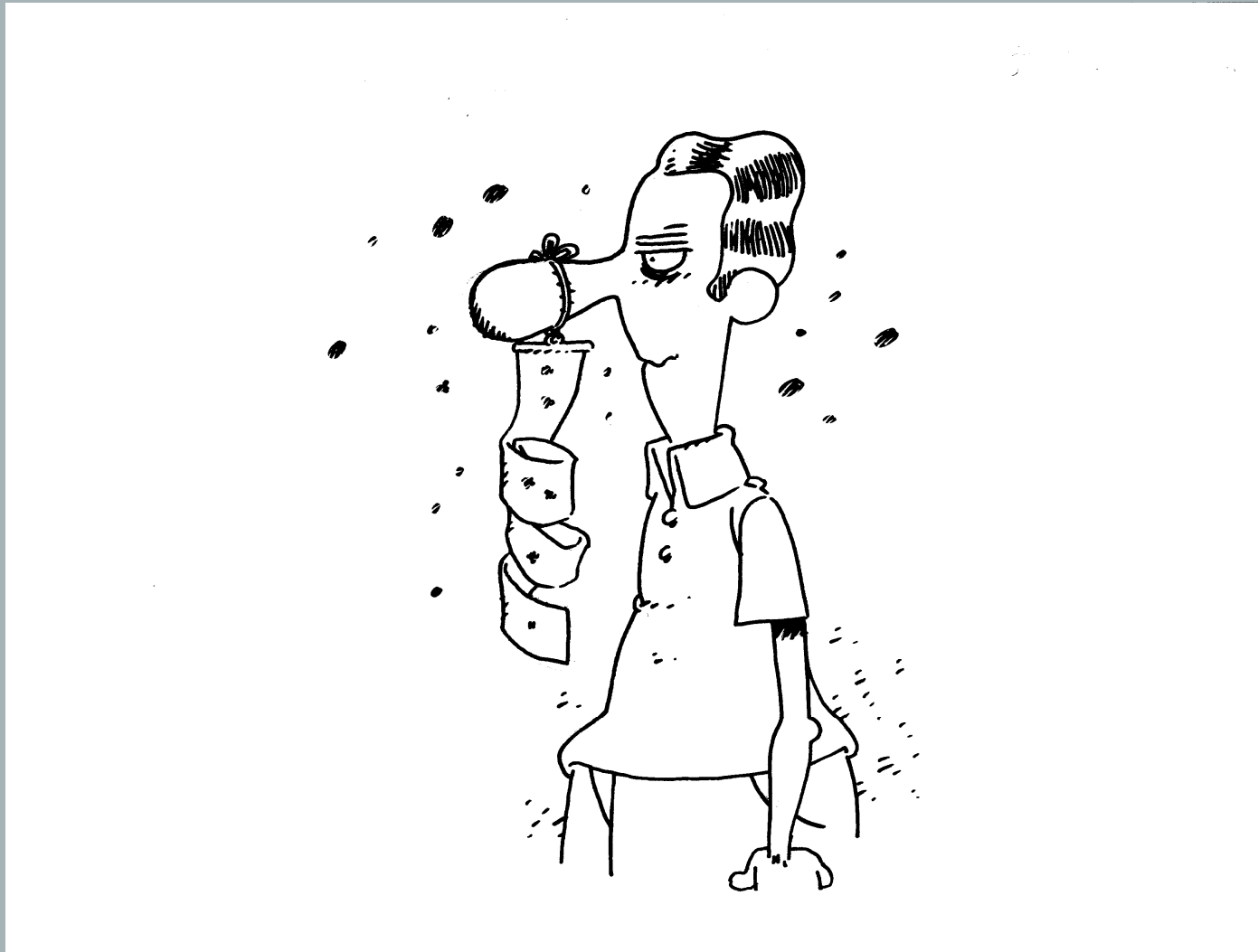
- d. *Melatonin: 3 mg, @ health food store*

- eastbound: (p.t. dep.) 2-3 a.m. destination time" x 3 d; (arr.) bedtime x 4 d.*

- westbound: (arr ) bedtime x 4 d*



III. THOU SHALT PROTECT THYSELF FROM INSECTS



“Malaria-carrying mosquitoes bite between dusk & dawn.”

- *Insect repellents:*
  - DEET 30% 4 - 6 hrs protection*
  - 90% 8 - 10 hrs protection*
  - sparingly on young children*
- *Permethrin-impregnated clothing*
- *Permethrin-impregnated bed nets*
- *Long-sleeves, trousers*



IV. THOU SHALT PURIFY THE WATER THAT  
THOU DRINKEST INCLUDING THY CUBES  
OF ICE



## ***A. Recommendations:***

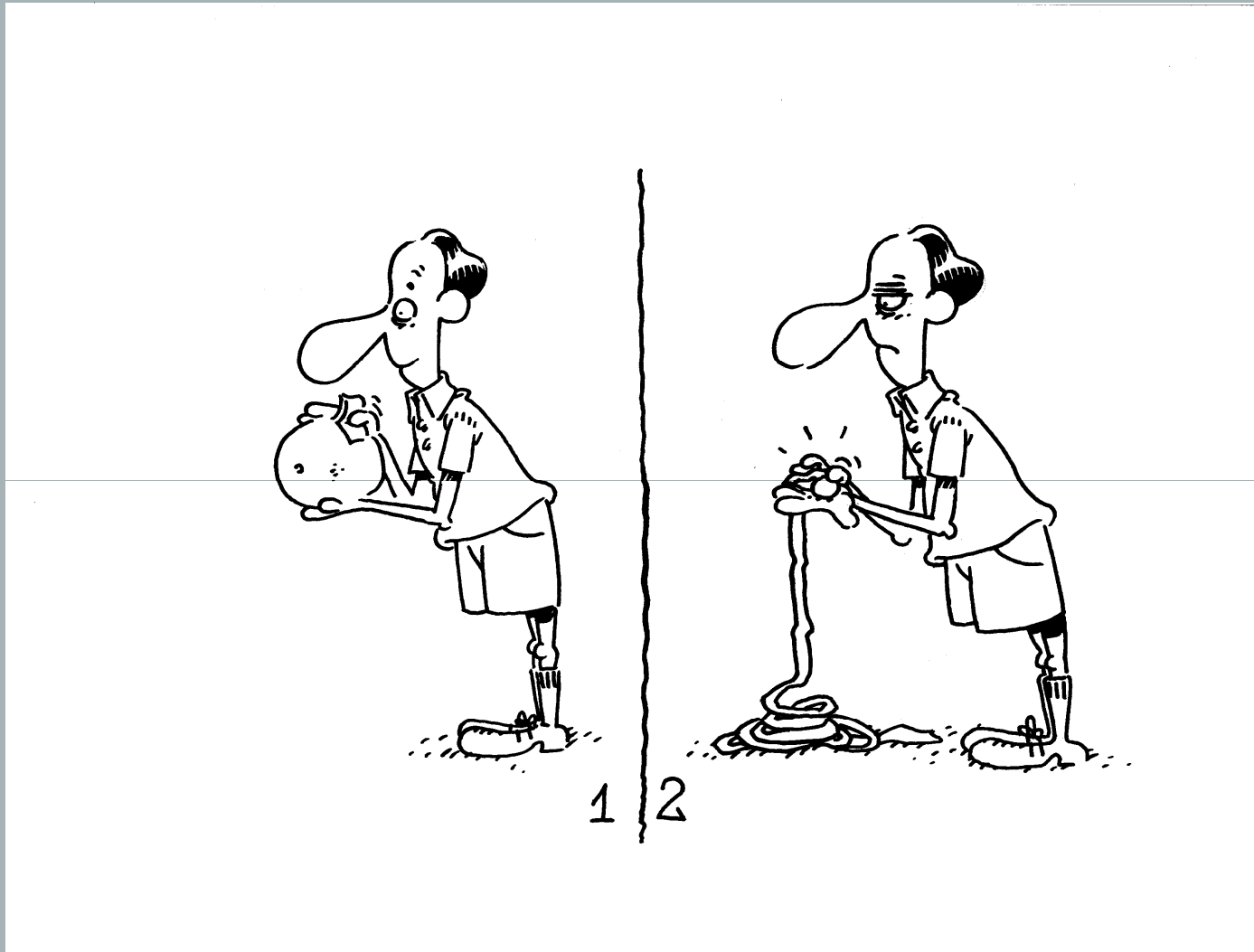
- 1. Canned or bottled “carbonated” drinks and beverages made from boiled water are safe.*
- 2. Ice should be made from purified water.*
- 3. First-class hotels are no guarantee of adequate water purification.*
- 4. Filtration alone is not recommended, but removal of particulate matter will enhance the efficacy of chlorine and iodine.*

## ***B. Water Purification:***

- 1. Boil water - bring to a boil and then filter for taste and aesthetics.*
- 2. Chemical disinfection (per quart for 30 minutes).  
clear cloudy water or  
(room temp)      cold clear water  
2% tincture iodine                      5 drops                      10 drops*



V. THOU SHALT COOK WELL THY FOOD AND  
PEEL THINE OWN FRUIT AND VEGETABLES





## *A. Food Hygiene:*

### *1. Avoid:*

- *using leftovers*
- *blown tins or 'swells' with canned food*
- *unpasteurized milk and milk products*
- *raw shellfish*
- *food from street vendors*
- *letting heated food stand and cool before serving*
- *cold meats in restaurants*

### *2. Do:*

- *cook all food well (especially meat and seafood)*
- *wash or soak fruit and vegetables before eating; sodium hypo chlorite, Clorox bleach, etc.*



Cook it , peel it or leave it!

Easy to remember but difficult to do!



VI. THOU SHALT CARRY SELF-TREATMENT  
FOR TRAVELLERS' DIARRHEA



## A. Management of Diarrhea:

### 1. *Fluid Replacement:*

a. *discontinue milk products*

b. *WHO electrolyte / glucose mixture (e.g. Gastrolyte)*

c. *do-it-yourself: (alternate one glass #1 and #2)*

*#1. eight ounces of fruit juice (orange juice should be diluted) 1/2 tsp. honey, sugar or corn syrup, pinch of salt.*

*#2. 8 oz. water, 1/4 tsp. baking soda.*

### 2. *Antimotility Agents:*

a. *diphenoxylate HCL (lomotil)*

b. *loperamide (Imodium)*

*Use alone for mild diarrhea or with an antibiotic in case of moderate to severe illness.*

**Note:** *Do not use antimotility agents alone in case of severe illness.*



### **3. Antibiotics:** (\* - quinolones are drugs of choice)

#### **a.** Standard therapy:

*levofloxacin* 500 mg\* daily x 3 d  
*ciprofloxacin* 500 mg\*  
*norfloxacin* 400 mg\* — 2 x daily x 3 d.  
*ofloxacin* 300 mg\*  
*cotrimoxazole* DS 1 tab  
*azithromycin* 500 mg/d x 3 d

#### **b.** Single dose therapy:

*cotrimoxazole* 4DS  
*ciprofloxacin* 500 mg - 1 gram\* —±  
*imodium*  
*norfloxacin* 800 mg\*  
*levofloxacin* 500 mg\*

### **4. Non-antibiotic:**

*Bismuth subsalicylate (Pepto Bismol)*

**i.** liquid - 1 oz. every 1/2 hr x 8 doses

**ii.** tablets - 2 tabs every 1/2 hr x 8



## B. Prevention of Diarrhea: (short-term travel, <3 wks)

### 1. Antibiotics: (\* drugs-of-choice)

<i>Drug Protection</i>	<i>Dose</i>	<i>%</i>
<i>trimethoprim</i>	<i>200 mg/d</i>	<i>52-59</i>
<i>cotrimoxazole</i>	<i>1 tab/d</i>	<i>73-95</i>
<i>*ofloxacin</i>	<i>300 mg/d</i>	<i>---</i>
<i>*norfloxacin</i>	<i>400 mg/d</i>	<i>88</i>
<i>*ciprofloxacin</i>	<i>500 mg/d</i>	<i>90</i>
<i>*levofloxacin</i>	<i>500 mg/d</i>	<i>---</i>

### 2. Non-antibiotic:

*Pepto Bismol*

<i>a. liquid: 2 oz.</i>	<i>4x/d</i>	<i>63-75</i>
<i>b. tablets: 2 tabs</i>	<i>4x/d</i>	

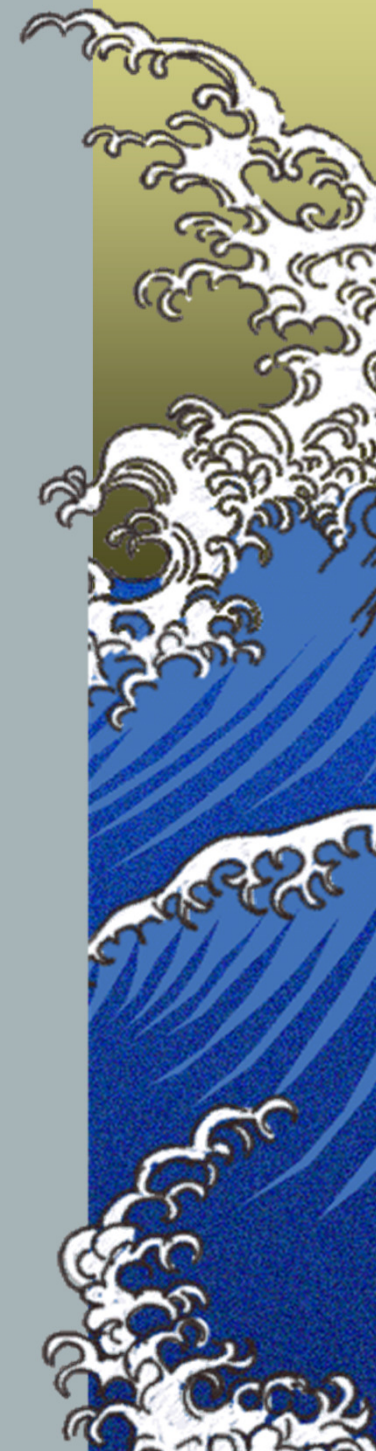


## Travellers for whom antibiotic prophylaxis might be considered:

- a. *Poor 'track-record' travelers*
- b. *V.I.T.'S (Very Important Travelers)*
  - *athletes*
  - *military*
  - *business persons*
- c. *Low gastric acid*
  - *antacids or H-2 blockers*
  - *gastric surgery*
- d. *Underlying medical problems*
  - *diabetes mellitus*



VII. THOU SHALT TAKE AND WEAR THY  
PROPHYLACTICS





## A. HIV Infection and International Travel:

### DO NOT

- *engage in unsafe sex condoms*
- *pierce ears (tattoo)*
- *accept acupuncture or injections (reused needles)*
- *receive transfusion*
- *use illicit injectable drugs*

### DO

- *use latex*
- *associate socially*
- *share food, hug etc.*



## B. Malaria Chemoprophylaxis:

### *i. Principles:*

- *Most antimalarials do not actually prevent infection but suppress clinical symptoms.*
- *Start antimalarials 1-2 weeks before exposure, continue while away and for 4 weeks after departure from a malarious area.*
- *No antimalarial drug regimen guarantees protection against malaria; therefore, insect precautions must be used.*
- *Fever in a returning traveler, especially within the first two months after return, is a medical emergency and requires thick and thin films to rule out malaria.*



**ii. Current antimalarials for prophylaxis: (adult dose)**

- chloroquine (250 mg) 2 tabs weekly
- mefloquine (250 mg) 1 tab weekly
- doxycycline (100 mg) 1 tab daily
- chloroquine (250 mg) 2 tabs weekly plus  
proguanil (100 mg) 2 tabs daily

**iii. New Antimalarials for prophylaxis: (adult dose)**

- primaquine (15 mg) 2 tabs daily and for 1 week after exposure  
(G6PD level mandatory)
- azithromycin (250 mg) one tab daily and for 4 weeks after exposure
- atovaquone (250 mg) + proguanil (100 mg) and for 1 week after exposure  
(Malarone), one tab daily



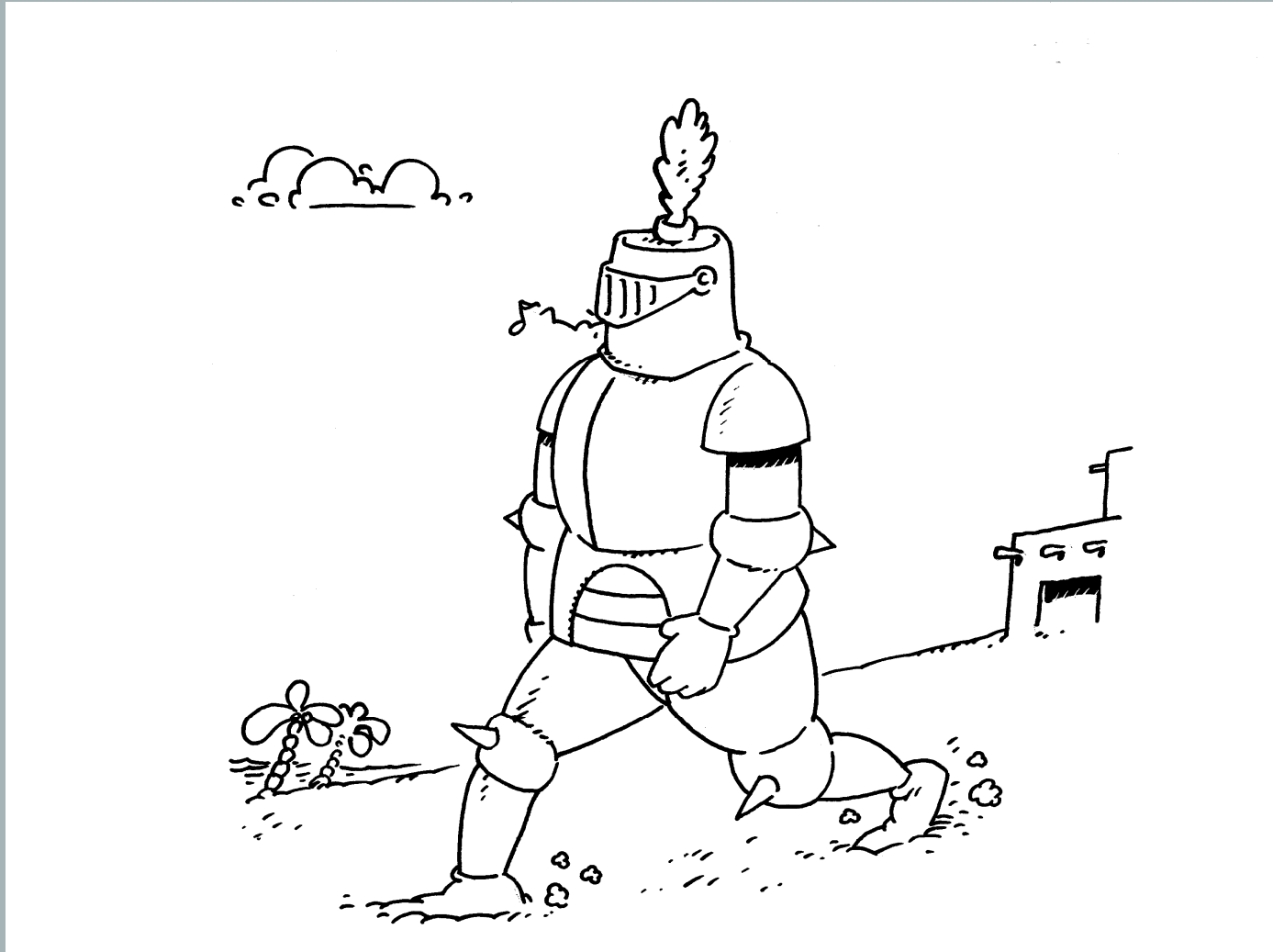
VIII. THOU SHALT SWIM NOT IN FRESH  
WATER NOR WALK IN THY BARE FEET



1. *Do not swim, wade or walk in slow moving, fresh water lakes, rivers or streams in areas where schistosomiasis is known to occur.*
2. *If fresh water contact is unavoidable, dry off quickly to prevent the parasite from penetrating the skin.*
3. *If you must swim in a lake, use the deepest portion at the center and avoid the edges at which snails are likely to breed.*
4. *Infested water which is allowed to stand (e.g.. in a barrel) for 48 hours, or which is chlorinated, loses its infectivity and may be safely used for bathing.*
5. *Proper footwear can protect the traveler from injury (cuts, snake bites), insects (sand fleas, ticks), and parasites (hookworms, strongyloides), which are found in the sand and soil.*



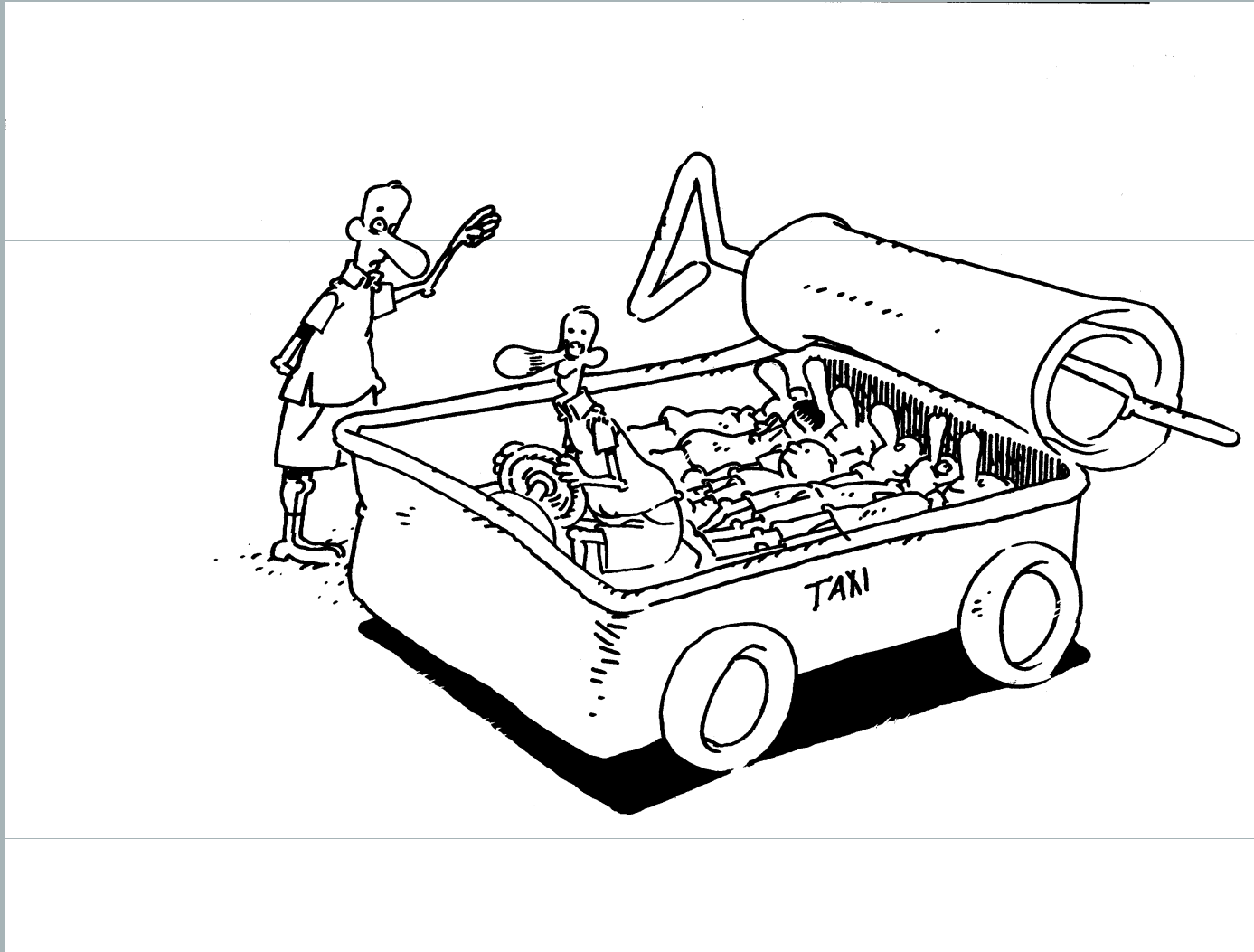
IX. THOU SHALT BE CONCERNED ABOUT THY SECURITY



- *dress inconspicuously*
- *leave expensive jewelry and watches at home*
- *avoid night or solo travel*
- *don't flash a roll of bills*
- *alcohol in moderation*
- *wear a "maple leaf" pin (especially if you are American)*



X. THOU SHALT BE WARY OF THY  
CONVEYANCE





- *avoid over-crowded public vehicles*
- *avoid rural travel by road after dark*
- *avoid riding on motorcycles*
- *learn how to say: Slow down!*



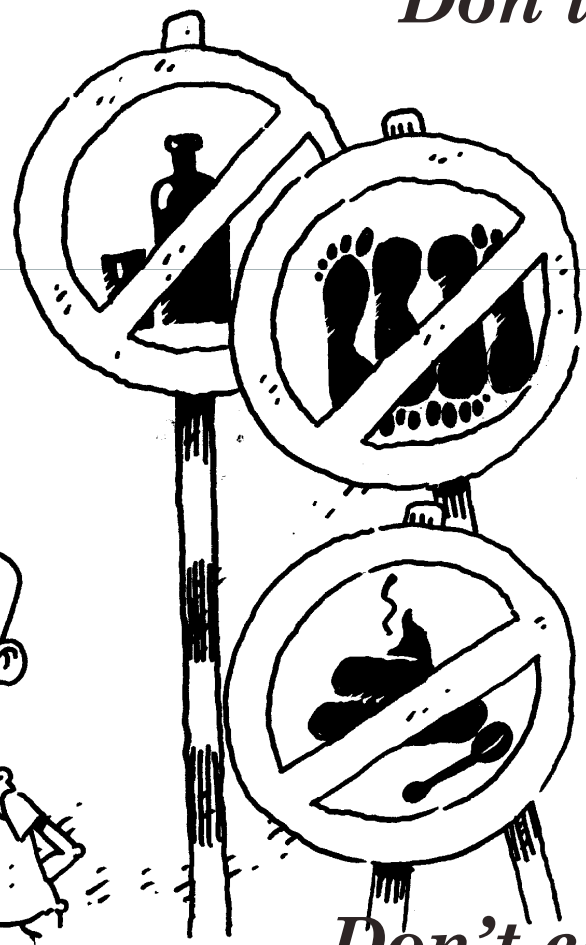
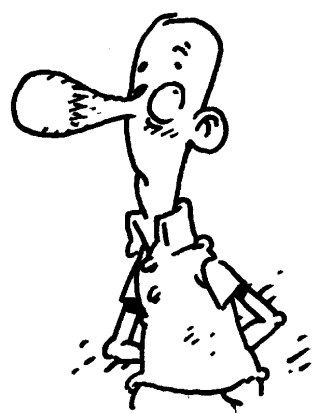
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*Don't get hit*

*Don't get lit*

*Don't do it*

*Don't get bit*



*Don't eat  
shit*

