

THIS SHOULD BE SAFE



Rabies is still a huge problem in many parts of the world. You can protect yourself while travelling – and also help to protect communities living in the places you visit.



What you need to know about rabies if travelling to a rabies endemic area

Before you travel:

Inform yourself. Rabies is present in many countries, but is particularly a risk in Africa and Asia. Consult your travel medical expert to check if you need a pre-exposure vaccine.

To see the risk by country, visit <http://goo.gl/8Bwslr>.

When you're travelling:

Avoid animal bites. Rabies is transmitted via bites or scratches from an infected animal. Dogs are the most common source, but bats, monkeys, cats, mongooses, raccoons, etc. are also a risk. Prevention is best so always take care to avoid being bitten by animals.

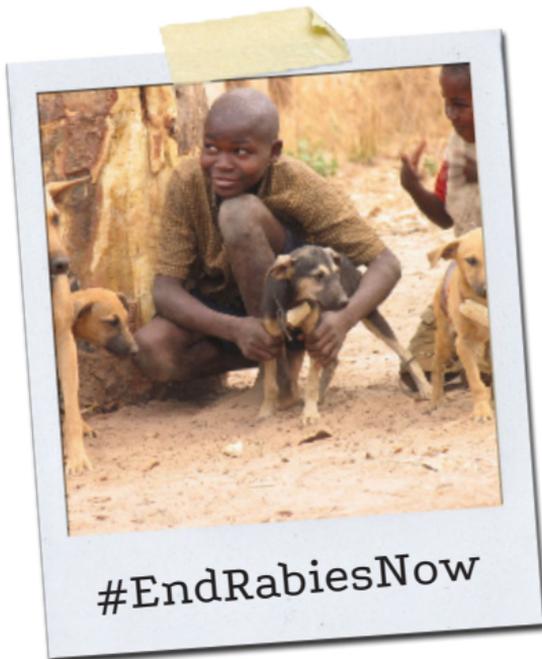
However, if an animal bites or scratches you:

- thoroughly wash the wound with soap and running water as soon as possible, for at least 15 minutes
- seek medical help urgently

You must see a doctor, even if you have had a rabies vaccination before travelling. The pre-exposure vaccine reduces your course of treatment but does not remove the need for it.

If exposed to the rabies virus, you need to start a course of rabies vaccinations and possibly immunoglobulin as soon as possible after the exposure– this protects against rabies.

Please bear in mind that rabies vaccine supply is unreliable in some countries, especially in rural areas.



A win-win vaccination

95% of the 59,000 human rabies deaths every year are the result of a bite from an infected dog, a fact that often leads to dogs being feared, despised and ill-treated.

But rabies is preventable, and better care of dogs is the answer.

Vaccinating dogs against the virus stops the disease at its source and creates a barrier of immunity, protecting the whole community.

It's a win-win vaccination. You can support rabies prevention programmes and help to save lives:

www.endrabiesnow.org/take-action



Vaccinating dogs against rabies
saves children and dogs

Working to end rabies - forever

Since it was set up 10 years ago, the Global Alliance for Rabies Control (GARC) has consistently delivered effective initiatives for the long-term elimination of the world's deadliest disease.

GARC works to increase global financial support for rabies prevention efforts in countries where it is most needed.

It provides life-saving information to professionals and communities through World Rabies Day and the GARC Education Platform, with free courses and resources.

GARC works with national and local governments and communities to help them set up sustainable, effective and humane rabies control programmes.



The recent launch of the GARC-coordinated End Rabies Now campaign calls for global elimination of the disease.



Add your name to the call to eliminate human rabies deaths by 2030:

www.endrabiesnow.org/take-action

Learn more about our work and get involved:

www.rabiesalliance.org

www.facebook.com/GlobalAllianceforRabiesControl

www.twitter.com/RabiesAlliance