

# China

## Medical Summary

The health risk information presented here is summarized from Shoreland Travax<sup>®</sup>, a decision-support tool used by health care providers to perform a detailed health risk analysis based on specific locations, individual travel styles, and traveler risk behaviors. Travax provides practitioners current, independently researched malaria risk and prevention recommendations in a map-based format that goes beyond the annual WHO and US CDC statements included here. Not included here are current reports from Travax of disease outbreaks or environmental events that may pose elevated risks to travelers' health and safety. The Providers section of this site offers a directory of health care providers who utilize Shoreland Travax for travel health counseling. Learn more about the detailed reports and maps available from these practitioners (includes links to samples).

## General Information

China is a developing nation classified as upper middle income. Located in Southeast Asia and bordered by 14 countries, the climate is extremely diverse, with classifications that range from dry (arid) in the north to humid temperate (no dry season) in the southeast, with cooler temperatures in some high-altitude areas. (Note: Hong Kong and Macau are treated separately and have their own listings in the Destination directory.)

## Vaccinations

**Routine vaccinations** are essential due to a persistent rise of vaccine-preventable diseases (especially markedly high rates of diphtheria, pertussis, and measles) globally. Prior to travel, travelers should be up-to-date with the age-appropriate routine vaccinations recommended by their home country, which may include: COVID-19; *H. influenzae* type B (Hib); hepatitis A; hepatitis B; herpes zoster; human papillomavirus; influenza; measles, mumps, rubella; meningococcal; pneumococcal; polio; rotavirus; tetanus, diphtheria, pertussis (Tdap preferred; consider an early pertussis booster for high-risk travelers); varicella.

## Yellow Fever

Although yellow fever does not occur in China, an official yellow fever vaccination certificate may be required depending on your itinerary.

- **Requirement:** A certificate proving yellow fever vaccination is required for travelers aged  $\geq 9$  months coming from countries with risk of YF transmission. This also applies to airport transit stops (no exit through immigration checkpoint) longer than 12 hours in risk countries.

## Other Vaccines

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against chikungunya, cholera, Japanese encephalitis, mpox, rabies, tick-borne encephalitis, or typhoid fever.

## Malaria

The following is current information as reported by the World Health Organization (WHO) and the US Centers for Disease Control (CDC):

### WHO—*International Travel and Health* (current online update, Country List)

(2021) Country certified malaria-free by WHO in 2021.

### CDC—*Health Information for International Travel* (current online edition)

Areas with malaria: Rare cases in the counties along the China-Burma (Myanmar) border in Yunnan Province and Motuo County in Tibet. No malaria in areas where most major river cruises pass.

- Drug resistance<sup>3</sup>: Chloroquine and mefloquine.
- Malaria species: Primarily *P. vivax*; *P. falciparum* in Yunnan Province.

- Recommended chemoprophylaxis: None (practice mosquito avoidance).

<sup>3</sup> Refers to *P. falciparum* malaria unless otherwise noted.

<sup>4</sup> Primaquine and tafenoquine can cause hemolytic anemia in people with G6PD deficiency. Patients must be screened for G6PD deficiency before starting primaquine or tafenoquine. See *Tafenoquine Approved for Malaria Prophylaxis and Treatment* for more information.

## Other Concerns

### Travelers' Diarrhea

Moderate risk exists throughout the country, with minimal risk in deluxe accommodations. Community sanitation and food safety measures may be inadequate. Some itineraries (e.g., remote destinations, austere accommodations) and activities (e.g., ecotourism, eating street or local-market food) further increase risk.

Travelers should observe food and beverage precautions, which reduce the likelihood of illness.

Travelers should carry loperamide for self-treatment of diarrhea and, if risk is moderate to high, an antibiotic to add if diarrhea is severe. Consult a knowledgeable health care provider regarding which antibiotic is appropriate for you and most effective for your destination.

### Other Food-Borne Illnesses

Precautions to prevent brucellosis, seafood poisoning may be needed.

### Insect- and Arthropod-Borne Diseases

Dengue, leishmaniasis, Lyme disease, murine typhus, scrub typhus, West Nile virus may pose a risk. Personal protective measures are important.

### Other Disease and Health Risks

Additional concerns include air pollution, altitude illness, anthrax disease, avian influenza, Crimean-Congo hemorrhagic fever, enteroviruses, hantavirus, helminths, hepatitis C, leptospirosis, marine hazards, melioidosis, monkey bites, Nipah virus, plague, schistosomiasis, sexually transmitted infections, snakebites, tuberculosis.

## Safety and Security

### Key Safety Risks

- Road conditions and traffic collisions
- Petty crime
- Scams
- Arbitrary arrest/unlawful detention
- Cybersecurity

### Emergency Phone Number

The police emergency number is 110.