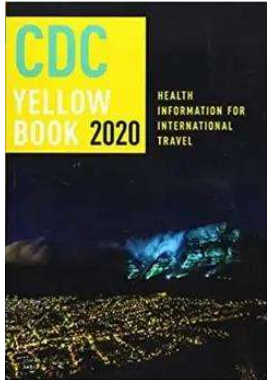




# TRAVEL MEDICINE IN CHILDREN

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## Purpose

- Pre-traveling (1 month before): Determine anticipated risks, provide prevention
- Traveling: Provide acute treatment related travel
- Post-traveling: Re-evaluate health condition

## Topics

- Infectious related
  - Prophylaxis: vaccine, drug
  - Advice
- Non-infectious related
  - Traffic/ activity accident, animal/plant exposure
  - Altitude illness, motion sickness, snow bite, sunburn, pollution

## Consideration

- Individual background: Age, Underlying disease, Acute health problem, Vaccine history
- Travel plan & activity: Purpose (activity), Itinerary, Duration, Destination
- Recommendation & Legal issue

## Common Problems in Pediatric traveler

- Diarrheal diseases
- Dermatological condition: animal/arthropod bites, larva migrans and sunburn
- Systemic febrile illness
- Respiratory disorders

# Travelers' diarrhea


- Most common illness for children who are traveling abroad.
- Infectious cause:
  - ✓ Bacteria (ETEC, *C. jejuni*, *Shigella* spp., *Salmonella* spp.),
  - ✓ Virus (Noro-, Rota-, Astro-),
  - ✓ Protozoa (*Giardia*, *Cryptosporidium*, *Cyclospora*, *Entamoeba*)
- Area: Poor resource country

## Prevention:

- Eat only **cooked food** and **served hot**.
- Eat fresh fruits and vegetables that **washed** and **self peeled**.
- Drink beverage from **sealed containers**, **boiled/treated water**.
- **Wash hands** with detergent/ alcohol.
- **Self prepare from home** for a short trips that there is no available safe food.
- Vaccine

## Treatment:

- ORS
- Bismuth Salicylate (Kaopectate)/ loperamide/ acetorphan: not recommend
- Antibiotic: Azithromycin, Fluoroquinolones, Rifaximin (adults)

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# Dermatologic conditions



## Arthropods bite:

- Skin reaction
- Infectious related

### Prevention

- Long sleeve
- Repellent: 30% DEET (age >2 mo),  
OLE (PMD) (age >3 years)

## Helminthic related skin lesion:

- Creeping eruption:
  - Larva migrans
  - Larva currens
- Migratory swelling
- Ground itch
- River (swimming) itch

