

MIGHT YOU NEED TO TAKE DRUGS TO MODIFY YOUR IMMUNE SYSTEM?



There are some routine vaccines like those for measles, chickenpox and shingles that are recommended before you start these medications.

SOMETIMES TRAVEL VACCINES GET FORGOTTEN!

Is travel on your bucket list?

If you think you might travel to Africa, South America or Asia one day, there are some lifelong vaccines you need to have **NOW**, so that you'll be protected on your future travels.

That's because some are 'live' vaccines which are not suitable for people once they have started taking medications that affect the immune system.

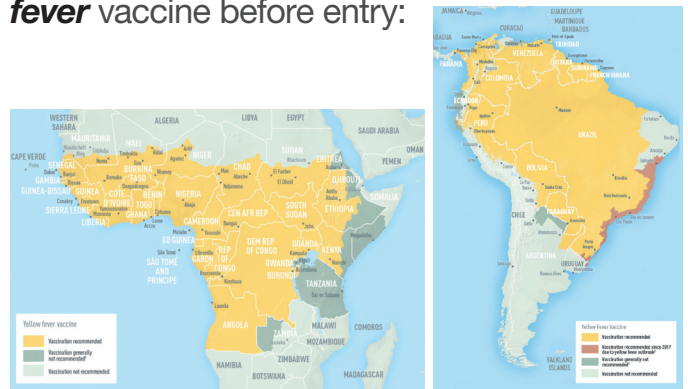
For example:

- > DMARDS (disease-modifying anti-rheumatic drugs)
- > Corticosteroids
- > Methotrexate

Speak to your specialist to see if you have the time to get these live vaccines before you start the new medication.

WHICH COUNTRIES REQUIRE LIVE VACCINES?

These countries currently require a **yellow fever** vaccine before entry:



Japanese encephalitis is a serious brain infection that occurs in these parts of Asia:



Speak to your rheumatologist about seeing a travel doctor **BEFORE** you start medications that might affect the immune system. You can then decide if you want to have vaccines now to protect your future travels.

To find a location near you, go to: www.travelmedicine.com.au and click on **Member Locations**

