

## MONGOLIA

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Mongolia is a developing nation in the lower half of the world's economies. It is an East Asian nation located between China and Russia, comprising mostly a vast plateau. Mountains cover the north and west of the country, while the Gobi desert is located in the south. Late summer and early fall offer a sunny, cool climate. Winters are cold (extremely so in the mountains), and summers are hot and dry.

Medical care is substandard throughout the country. Adequate evacuation coverage for all travelers is a high priority. In the event of serious medical conditions every effort should be made to go to Japan or Seoul, South Korea. Adequate medical care is available in Ulaanbaatar at one or more internationally staffed out-patient clinics. Hospital accommodations are inadequate throughout the country and advanced technology is lacking. Shortages of routine medications and supplies may be encountered.

### IMMUNIZATION RECOMMENDATIONS

- **Hepatitis A**—*Recommended for:* all travelers.
- **Typhoid**—*Recommended for:* all travelers.
- **Hepatitis B**—*Recommended for:* prolonged stays; frequent short stays in this or other high risk countries; adventure travelers; the possibility of acupuncture, dental work, or tattooing; all health care workers; the possibility of a new sexual partner during stay; and travelers with high potential to seek medical care in local facilities. Consider for short stays in travelers desiring maximum pre-travel preparation. Increased awareness is recommended regarding safe sex and body fluid/blood precautions.
- **Rabies**—*Recommended for:* all travelers.
- **Seasonal influenza**—Flu is transmitted November to April and all travelers are at increased risk. *Recommended for:* all travelers.
- **2009 H1N1 flu**—*Recommended for:* all travelers. Consider a standby treatment course of oseltamivir or zanamivir for unvaccinated travelers, especially those who are at high risk for complications from influenza.
- **Routine vaccinations** (adults only)
  - *Tetanus/diphtheria.* Adequate primary series plus 1 dose of Td (or Tdap) within the last 10 years. Adults who have not received at least 1 previous dose of any acellular pertussis-containing vaccine should receive Tdap vaccine at least once, in place of a Td booster.
  - *Measles.* Indicated for those born in 1957 or later (1970 or later in Canada) without history of disease or of 2 adequate doses of live vaccine at any time during their life. Many countries (including the U.K.) recommend that adults need to have had only 1 countable dose at any time during their life.
  - *Pneumococcal.* All adults over 65 and those with chronic disease or compromising conditions.
  - *Polio.* Adult polio boosters are unnecessary for travel to this country.
  - *Varicella.* Indicated for all persons born outside the U.S. or born in the U.S. after 1979, except not indicated for persons with an adequate vaccination history (2 lifetime doses), reliable evidence of previous infection, or laboratory confirmation of immunity.

### MALARIA

- No malaria present.

### TRAVELER'S DIARRHEA

- High risk throughout the country including deluxe accommodations in major cities.

- Consider empiric treatment with loperamide and/or a quinolone antibiotic.

## OTHER

- **Tuberculosis** is common in all developing countries. However, this country has a prevalence of over 100 cases per 100,000 population, the highest risk category. Travelers planning to stay more than 1 month should have pre-departure PPD skin test status documented. Travelers should avoid crowded public places and public transportation whenever possible. Domestic help should be screened for TB.
- **Avian influenza H5N1**, excreted in large amounts in the droppings of infected birds, has been confirmed in this country in birds, including poultry, but not in humans. The last case in birds was reported in May 2009. Although risk to travelers is minimal, avoid places where direct contact with birds and/or their secretions may occur, such as live animal markets and poultry farms. Well cooked chicken is safe to eat. Current influenza vaccines are not protective. Oseltamivir is effective.
- **Rh-negative blood** may be difficult to obtain; the blood type of the general Asian populace is Rh positive.
- **Security** – Thieves dressed as or claiming to be police officers operate in Sukhbaatar Square in Ulaanbaatar.