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# Travelers' Health

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## Health Information for Travelers to China Traveler View



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### Clinician View

### Vaccines and Medicines [Hide](#)

Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

### All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

#### Measles

- Infants (6 through 11 months old): 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as the first dose in the routine childhood vaccination series.
- People 12 months old or older, with no [evidence of immunity](#) or no written documentation of any doses: 2 doses of MMR vaccine before travel. The 2 doses must be given 28 days apart.



- People 12 months old or older who have written documentation of 1 dose and no other evidence of immunity: 1 additional dose before travel, at least 28 days after the previous dose.

### [Routine vaccines](#)



Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

## Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

### [Hepatitis A](#)



CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in China, regardless of where you are eating or staying.

### [Typhoid](#)



You can get typhoid through contaminated food or water in China. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

## Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

### [Hepatitis B](#)



You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.

### [Japanese Encephalitis](#)



You may need this vaccine if your trip will last more than a month, depending on where you are going in China and what time of year you are traveling. You should also consider this vaccine if you plan to visit rural areas in China or will be spending a lot of time outdoors, even for trips shorter than a month. Your doctor can help you decide if this vaccine is right for you based on your travel plans. See more in-depth information on [Japanese encephalitis in China](#).

### [Polio](#)



You may need a polio vaccine before your trip to China if you are visiting the Xinjiang province, especially if you are working in a health care facility, refugee camp, or humanitarian aid setting. This kind of work might put you in contact with someone with polio.

- If you were vaccinated against polio as a child but have never had a polio booster dose as an adult, you should get this booster dose. Adults need only one polio booster in their lives.
- If you were not completely vaccinated as a child or do not know your vaccination status, talk to your doctor about getting vaccinated.

### [Rabies](#)



Rabies can be found in dogs, bats, and other mammals in China, so CDC recommends this vaccine for the following groups:

- Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites.
- People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).
- People who are taking long trips or moving to China
- Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.

### [Yellow Fever](#)



Required if traveling from a country with risk of YF virus transmission and  $\geq 9$  months of age, including transit in an airport located in a country with risk of YF virus transmission.<sup>1</sup> This requirement does not apply to travelers whose itineraries are limited to Hong Kong Special Administrative Region (SAR) and Macao SAR.

**Note:** Yellow fever vaccine availability in the United States is currently limited. If you need to be vaccinated before your trip, you may need to travel some distance and schedule your appointment well in advance. [Find the clinic nearest you.](#)

### [Malaria](#)



When traveling in China, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. Areas of China with risk of 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. See more detailed information about [malaria in China.](#)

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## Stay Healthy and Safe

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Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in China, so your behaviors are important.

Eat and drink safely

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Prevent bug bites

[Show](#) 

Stay safe outdoors

[Show](#) 

Keep away from animals

[Show](#) 

Reduce your exposure to germs

[Show](#) 

Avoid sharing body fluids

[Show](#) 

Know how to get medical care while traveling

[Show](#) 

Select safe transportation

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Maintain personal security

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## Healthy Travel Packing List

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Use the [Healthy Travel Packing List for China](#) for a list of health-related items to consider packing for your trip. Talk to your doctor about which items are most important for you.

### Why does CDC recommend packing these health-related items?

It's best to be prepared to prevent and treat common illnesses and injuries. Some supplies and medicines may be difficult to find at your destination, may have different names, or may have different ingredients than what you normally use.

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## Travel Health Notices

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Be aware of current health issues in China. Learn how to protect yourself.

## Watch Level 1, Practice Usual Precautions

### [Global Measles Outbreak Notice](#)

June 10, 2019

Measles is in many countries and outbreaks of the disease are occurring around the world. Before you travel internationally, regardless of where you are going, make sure you are protected fully against measles.

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## After Your Trip

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If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see [Find a Clinic](#). Be sure to tell your doctor about your travel, including where you went and what you

did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.

If your doctor prescribed antimalarial medicine for your trip, keep taking the rest of your pills after you return home. If you stop taking your medicine too soon, you could still get sick.

**Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the doctor about your travel history.

For more information on what to do if you are sick after your trip, see [Getting Sick after Travel](#).

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