



Going abroad?

Speak to your doctor, nurse or pharmacist about whether it's recommended you protect yourself against **Rabies**.

Rabies is present on all continents except Antarctica. It causes an estimated 59,000 deaths annually, over 95% of which occur in Africa and Asia.^{1,2}

If you are going abroad, check the most up-to-date information on www.travelhealthpro.org.uk and book a travel health assessment when appropriate.

Rabies is a rare but serious **viral infection** of the nervous system, usually caught from the bite or scratch of an infected mammal.³

Treatment is effective but must be started before symptoms appear, **as soon as possible after you're exposed**.³ Rabies is almost always fatal once symptoms appear. Please seek urgent medical attention if you think you've been exposed to the rabies virus **whether you have been vaccinated or not**.³

Symptoms usually appear about 3–12 weeks after infection and can include **fever, anxiety, hallucinations, confusion or aggressive behaviour, difficulty swallowing or breathing and muscle spasms**.³

Read more about rabies by visiting www.nhs.uk/conditions/rabies.



Rabies is present on all continents except Antarctica.¹ Check this UK website for vaccination recommendations for your chosen destination: <https://travelhealthpro.org.uk/countries>.



Dogs are the most common source of rabies in high-risk areas but any mammal can carry rabies. Infected cats, raccoons, foxes and bats may pose a risk in different parts of the world.^{1,3}

Vaccination can help protect you against rabies.¹



You can get rabies if:³

- Saliva from an infected animal enters your body through a bite or scratch
- An infected animal licks or spits onto open skin or your eyes, nose or mouth

Remember, in high-risk areas, avoid contact with animals, even pets, and don't approach them or offer food.¹

The NHS advises that you speak with a doctor, nurse or pharmacist about your planned destination as early as possible, **at least 8 weeks before you travel**.⁴ They will talk you through travel health risks and help you plan the best way to stay healthy during your trip.

If you think you have been exposed to rabies, seek medical advice as a matter of urgency, even if you have been fully vaccinated.³ Early treatment can help prevent the disease from developing – once symptoms show, there is no effective treatment. The NHS recommends these first aid measures until you get medical attention:^{1,3}

1. Wash the wound immediately with soap under running water for several minutes
2. Put an alcohol- or iodine-based disinfectant on the wound
3. Apply a simple dressing, if possible
4. Saliva exposure to the eyes, mouth and nose should be washed thoroughly with water
5. Go to the nearest hospital or medical centre for treatment



If you are unwell after you have been abroad, remember to tell your doctor about your travels.



Bon voyage

For more information visit www.nhs.uk/conditions/rabies

Sanofi also provides travel health information on its website www.smarter-traveller.co.uk.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

References

1. NaTHNaC. Rabies fact sheet. Available at: <https://travelhealthpro.org.uk/factsheet/20/rabies>. Accessed: May 2023.
2. World Health Organisation. Rabies. Available at <https://www.who.int/news-room/fact-sheets/detail/rabies>. Accessed May 2023.
3. NHS. Rabies. Available at: www.nhs.uk/conditions/rabies. Accessed: May 2023.
4. NHS. Travel vaccinations. Available at: <https://www.nhs.uk/conditions/travel-vaccinations>. Accessed: May 2023.