

YOUR HEALTH IN SINGAPORE



Current vaccines recommended by medical professionals in Singapore

- Diphtheria, tetanus, and whooping cough (pertussis; DTaP)
- Haemophilus influenzae type b (Hib)
- Hepatitis A (HepA)
- Hepatitis B (HepB)
- Influenza (Flu)
- Measles, mumps, rubella (MMR)
- Meningococcal (MenC)
- Pneumococcal
- Polio (IPV)
- Human Papillomavirus (HPV)

Additional vaccines based on your travel habits and your risk factors

- Japanese encephalitis
- Typhoid
- Rabies
- Chickenpox
- Japanese encephalitis
- Yellow fever

NB: a vaccination certificate for the yellow fever is required only for travellers whom are coming from a yellow fever risk area.

Mosquitoes

Mosquito bites prevention requires individual and collective measures

Here are a few points to keep in mind:

- Mosquito bites are not always painful
- Mosquitoes which transmit dengue and chikungunya usually bite in the day-time while mosquitoes which transmit malaria usually bite in the night-time
- Mosquitoes may bite through thin clothing, so spraying clothes with repellent will give extra protection

Recommendations:

- Avoid standing water
- Wear loose, long-sleeved shirts and long pants when outdoors
- Wear mosquito repellent
- Use insect killer spray or mosquito coil

Dengue symptoms

- Sudden, high fever
- Severe headaches, pain behind the eyes
- Severe joint and muscle pain
- Fatigue, loss of appetite

- Skin rash
- Mild bleeding (such a nose bleed, bleeding gums, blood in stool...)

Chikungunya Symptoms

- High fever, joint pain, skin rash
- There is not internal bleeding risk. However fatigue and body aches can persist for a few weeks

Malaria

There is not serious risk of getting Malaria in Singapore. However there is malaria risk in surrounding countries

- Ask your doctor before travelling to know whether you need a prophylactic treatment for malaria
- Follow recommendations to prevent mosquito bites
- Use a mosquito net if your room has not air conditioning or a poor insulation

Mycoplasma

Symptoms of Mycoplasma infection

- Persistent low grade fever, sore throat, dry cough, headaches, fatigue, body aches, chest and stomach pain, vomiting
- A blood test which tests for the antibodies against the mycoplasma bacteria can help with the diagnosis

Haze

During Haze episodes, it is highly advisable to regularly consult the PSI levels (Pollutant Standards Index) on www.haze.gov.sg or nea.gov.sg and to follow the Ministry of Health's recommendations

Here are a few points to keep in mind during Haze episodes:

- Drink plenty of water to remove toxins from your body and to prevent dry throat and respiratory infections risks
- Increase vitamin C and Zinc intake to boost up your immune system
- At home, use the Air Conditioning and an air purifier if it is possible
- Wear a N95 mask if the PSI level > 200
- Avoid outdoors exercises. Use the gym and exercise indoors

Sun protection

Sun protection is essential in Singapore:

- Wear protective clothing, like hats and sunglasses
- Apply sunscreen 20 to 30 minutes before exposure to allow the skin to absorb it. And reapply it every two hours
- Avoid long exposure to the sun, especially during strong heat waves
- Drink water frequently in hot weather conditions and consume water-rich food
- Ask the dermatologist to examine closely any moles you have

Dehydration symptoms

- Extreme thirst
- Dry mouth and tongue

- Headaches, muscle cramps
- Tendonitis, muscle strain
- Dry skin
- Less frequent urination
- Dizziness, confusion

Water and food in Singapore

- Tap water is drinkable in Singapore. However, it does not contain bacteria. Minerals and trace elements levels in this water are almost non-existent. We encourage you to alternate your water consumption with mineral water for a better hydration.
- Singapore is a clean city and the food is generally safe. There is a large number of street food vendors where the food is generally safe.

Remember

- Wash your hands frequently
- Protect open wounds
- Wear closed toed shoes
- Drink plenty of water and add on minerals or sea salt
- Protect yourself from the sun
- Protect yourself from mosquito bites
- See a doctor if you have fever for longer than 48 to 72 hours
- Do not take any anti-inflammatory medications without medical advice
- See your family doctor at least 6 weeks before you travel (vaccines book checking - prophylactic treatment for malaria)
- Check your health insurance
- Make medical check-up regularly