

Health Information for Travelers to Malta Traveler View

Traveler View

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Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

| Find Out Why | | Protect Yourself |
|---|---|------------------|
| All travelers | | |
| You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel. | | |
| <u>Routine vaccines</u> | 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. | |
| 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. | | |
| <u>Hepatitis A</u> | Hepatitis A outbreaks occur throughout the world and sometimes in countries with a low risk for hepatitis A (including the US). You can get hepatitis A through contaminated food or water in Malta, so talk to your doctor to see if the hepatitis A vaccine is right for you. | |
| <u>Hepatitis B</u> | 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. | |
| <u>Rabies</u> | Rabies is present in bats in Malta. However, it is not a major risk to most travelers. CDC recommends rabies vaccine for only these groups: <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites (such as adventure travel and caving). • People who will be working with or around bats (such as wildlife professionals and researchers). | |

| Find Out Why | | Protect Yourself |
|--------------|---|------------------|
| Yellow Fever | <p>There is no risk of yellow fever in Malta. The government of Malta <i>requires</i> proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission.</p> <p>For more information on recommendations and requirements, see yellow fever recommendations and requirements for Malta. Your doctor can help you decide if this vaccine is right for you based on your travel plans.</p> | |

Key

- Get vaccinated
- Eat and drink safely
- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Avoid non-sterile medical or cosmetic equipment

Stay Healthy and Safe

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

- Eat and drink safely
- Prevent bug bites
- Stay safe outdoors
- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Know how to get medical care while traveling
- Select safe transportation
- Maintain personal security

Healthy Travel Packing List

Use the [Healthy Travel Packing List for Malta](#) 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.

Travel Health Notices

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

Watch Level 1, Practice Usual Precautions

[Carnival and Mardi Gras](#)
March 20, 2015
This notice has been removed.

After Your Trip