

# VACCINE PASSPORT



KEEP YOUR IMMUNITY IN CHECK WITH



A wide range of travel vaccines readily available at Parkway Shenton Medical Clinic, Esplanade MRT.

 Address:

90 Bras Basah Road, #B1-02  
Esplanade MRT Station  
Singapore 189562

## Where can I get vaccinated?

Call any of our Parkway Shenton clinics located islandwide to check the availability of your preferred vaccine. For a wide selection of readily available travel vaccines, visit our dedicated vaccination clinic at Esplanade MRT.



**Nearest MRT:**

**Esplanade Station, Exit G -**  
towards Raffles City Shopping Mall

**City Hall Station, Exit C -**  
via CityLink Mall, towards Esplanade Station



**Nearest Carpark:**

Raffles City, B2 level, Exit Lift Lobby C,  
turn left towards Esplanade MRT Station



**By Bus:**

**Nearest Bus Stop:**  
02151 - Temasek Blvd - B04  
Suntec Convention Ctr

**Bus Service No:**  
36, 36B, 70M, 97, 97e, 106, 111, 162M,  
502, 502A, 518, 518A, 700A, 857, 868

**Premium Bus Service No:**  
531, 725, 736



Scan to find  
a clinic near you



# Which Travel Vaccines Should You Get?



## Hepatitis A vaccine

The hepatitis A (HepA) vaccine prevents infection caused by the hepatitis A virus, which leads to liver inflammation. It is typically spread through **contaminated food or water, or close contact with an infected person.**

**Recommended for:** Most travellers, as hepatitis A is widespread in countries around the world.

## Hepatitis B vaccine

Hepatitis B (HepB) vaccination protects against the highly contagious hepatitis B virus, **transmitted through blood, semen and other bodily fluids.** Infection can lead to chronic liver disease, liver cirrhosis (scarring), or liver cancer.

**Recommended for:** Individuals at risk, such as those with chronic liver disease, as well as in cases of other risks like transport accidents involving cross-contamination of blood from open wounds.

## Rabies vaccine

The rabies vaccine protects against the rabies virus, which can be found in both wild and domestic animals. Rabies is **transmitted to humans through the saliva of infected animals,** usually via bites, scratches, or licks on broken skin or mucous membranes like the mouth. **Most cases involve dog bites.**

**Recommended for:** Pre-exposure vaccination is recommended if the risk of exposure to animals like dogs, cats, monkeys, or bats is high (e.g., zoologists, botanists, etc.). This vaccine involves taking 3 doses over 28 days.

## Tetanus vaccine

Tetanus **enters the body through cuts or wounds.** It can lead to the stiffening of the muscles, trouble swallowing, breathing difficulties, and eventually death.

The tetanus vaccine is usually given in the form of DTaP (under 7 years old) or Tdap (above 7 years old). This vaccine also confers protection against Diphtheria and Pertussis (whooping cough). This is given as a booster every 10 years.

**Recommended for:** All travellers

## Yellow Fever vaccine

Yellow fever vaccine provides immunity and lifetime protection against yellow fever, **a highly infectious, mosquito-borne disease** common in parts of Africa, Central America, and South America. The disease is named for the **yellowing of the eyes and skin that occurs when it affects the liver and kidneys.**

**Recommended for:** Travellers to areas where yellow fever is prevalent. Get vaccinated at an approved centre at least 10 days before your trip for a valid vaccine certificate.

## Typhoid vaccine

The typhoid vaccine prevents typhoid fever, a life-threatening infection caused by Salmonella Typhi. This bacteria is **commonly spread through contaminated food and water in areas with poor sanitation.**

**Recommended for:** Travellers to regions where typhoid is common (at least 2 weeks before travel) and individuals in close contact with a typhoid carrier.

## Other Risks: Malaria Prophylaxis

Malaria is a serious disease caused by parasites that are transmitted to humans through the bites of infected mosquitoes. Malaria prophylaxis involves taking medication before, during, and after travel to areas where malaria is common.

**Recommended for:** Travellers visiting areas where malaria is prevalent, such as parts of Africa, Asia, and South America.

## Japanese Encephalitis vaccine

The Japanese encephalitis virus is transmitted through mosquito bites. It can cause inflammation of the brain, which can lead to seizures, coma, and death.

**Recommended for:** Travellers moving to Japanese encephalitis-endemic countries to live for more than 1 month, and frequent travellers to these areas.

## Meningococcal vaccine

Meningococcal disease is caused by bacteria that can infect the lining of the brain and spinal cord or the bloodstream. **It is passed to others through close contact via respiratory secretions.**

**Recommended for:** Travellers to endemic areas like sub-Saharan Africa. It is also mandatory for those travelling to Mecca for the Hajj or Umrah.



# Travel Safe & Smart: Recommended Vaccines for Every Destination

## North America & Europe

- Hepatitis A
- Hepatitis B
- Influenza
- Tetanus
- Typhoid

## Middle East

- Cholera
- Hepatitis A
- Hepatitis B
- Influenza
- Malaria (prophylaxis)
- Meningococcal
- Polio
- Rabies
- Tetanus
- Typhoid

## Asia

- Cholera
- Hepatitis A
- Hepatitis B
- Influenza
- Japanese encephalitis
- Malaria (prophylaxis)
- Rabies
- Tetanus
- Typhoid



## Central & South America

- Hepatitis A
- Hepatitis B
- Influenza
- Malaria (prophylaxis)
- Rabies
- Tetanus
- Typhoid
- Yellow fever

## Africa

- Cholera
- Hepatitis A
- Hepatitis B
- Influenza
- Japanese encephalitis
- Malaria (prophylaxis)
- Meningococcal
- Polio
- Rabies
- Tetanus
- Typhoid
- Yellow fever

## Oceania

- Hepatitis A
- Hepatitis B
- Influenza
- Japanese encephalitis
- Rabies
- Tetanus

Covered under  
**Ministry of Health (MOH)  
National Adult Immunisation  
Schedule (NAIS)**