

RABIES RISK?

Rabies is a deadly disease transmitted through the saliva of infected mammals via bites, scratches, or contact with broken skin. Once symptoms develop, rabies is almost always fatal – but vaccination can save your life.

WHAT HAPPENS IF I AM EXPOSED AND VACCINATED?

1 Wash the wound



Immediately clean the wound by washing with soap and running water for 15 minutes. Apply an alcohol-based antiseptic afterwards, if available.

2 Attend medical centre



Seek treatment immediately after injury, with care ideally started within 72 hours.

3 Receive vaccine boosters



Complete post exposure vaccination is essential for protection: either two intramuscular doses 3 days apart or four intradermal doses given on day 0.

WHAT HAPPENS IF I AM EXPOSED AND NOT VACCINATED?

1 Wash the wound



Immediately wash the wound thoroughly with soap and running water for at least 15 minutes. If available, apply an alcohol-based antiseptic afterwards.

2 Attend major hospital



From time of injury, urgent medical attention is required within 24 hours.

3 Ensure treatment is available



Human Rabies Immunoglobulin (HRIG) can be difficult to obtain and may not be available in some countries. Travel to another region or country may be required to access treatment.

4 Receive treatment



Post-exposure treatment includes HRIG injected into the wound and a full course of rabies vaccinations. Doses are typically given on days 0, 3, 7, and 14–21, with day 30 added for some individuals.

**CONTACT NHS Lothian TRAVEL CLINIC TO DISCUSS
PRE-EXPOSURE VACCINATIONS.**

Contact us on: 01315372823 or via our online booking service
services.nhslothian.scot/travelclinics/

