

해외 여행자를 위한 감염병 예방

Infectious Disease Prevention for Travelers

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Abstract

Vaccination against yellow fever is recommended for travelers to areas where yellow fever has been reported, and they should be vaccinated 10 days before the travel at an approved center for the vaccination. When traveling to areas where chloroquine - resistant *P. falciparum* has not been reported, once - a - week use of chloroquine alone is recommended, but when traveling to areas where chloroquine - resistant *P. falciparum* has been reported, other agents such as mefloquine, doxycycline, atovaquone/proguanil and primaquine should be chosen. Other recommended immunizations are typhoid vaccine and hepatitis A/B vaccine. Traveler's diarrhea is one of the major health problems in terms of frequency, but antimicrobial prophylaxis is not routinely recommended.

Keywords : Imported disease; Travel medicine; Yellow fever; Malaria; Immunization

: ; ; ; ;

20⁰⁴ 2003 880 37% 가
53% 460
가

2001 108 , 2002 73 ,
2003 108 2003
가 가

가
2003 1 64 ,
14 , 11 , 10 ,
6 , , 1 .

가 가
가 가
가

가 6 , , HIV
 ,
 가 .
 , ,
 가 10
 4~6 . 10 10
 WHO 2~5% , ,
 5~10 .
 .
 2)
 가
 , A /B , , ,
 ,
 , , MMR ,
 .
 가 가 가
 .
 1.
 1) (Yellow Fever)
 (,
 , , , , ,
 , , ,) , 90%
 .
 23~65% 가
 , 가
 .
 가 가 가
 WHO가 ,
 , ,
 가 . 10

1.

		Chloroquine	가			
Chloroquine	300mg base(chloro- quine phos- phate 500mg) PO	5mg base/kg (8.3mgsalt/kg) PO	1~2	4		
		Chloroquine	가			
Mefloquine	250mg PO	15~19kg: 1/4 (62.5mg) 20~30kg: 1/2 (125mg) 31~45kg: 3/4 (187.5mg) >45kg: 1 (250mg)	1~2	4		
Doxycycline	100mg PO	2mg/kg/d 100mg PO	1~2	4	Mefloquine	
MalaroneTM(Atovaquone/pr oguanil)	Atovaquone 250mg/progua- nil 100mg (1)	(Atovaquone /proguanil 62.5/25mg:) 11~20kg: 1 21~30kg: 2 31~40kg: 3 >40kg: 1	1~2	7	2005 9	
Primaquine	30mg	0.6mg/kg ()	1~2	7	G6PD	

chloroquine (, , ,), 가 .
 , (1 2 (doxycycline, malarone 1~2
 ,) chloroquine)
 .
 ,
 mefloquine 가
 . 가

4
4 (chloro-
quine, mefloquine, doxycycline).

4
(malarone, primaquine 7). Primaquine
P. vivax
30mg
가 85~95%

2003

, 1

, ,
100%

가 chloroquine ,
mefloquine(2~3 가) .
Doxycycline ,
primaquine . Malarone

2) A /B

A

. 1980 10 90%가 A
가 1996 20
20%
20~30

40

. 2

4 가 가 94~100%

. 2
6~12 가
(20)

. A (,

), 4 . A 85

1

B

. B (3)

가
, 0, 1, 6 3

3)

100%

4 ,
가
(Vi polysaccharide
vaccine) 2 , 2 가
, 50~80% .
가

, 가 ,
0, 7, 21 3

4) , , , , , MMR 가 (helminth) 가

1 .

가

9 15

MMR . 65 10

가

10 가 . ,

10 (Td) 가 .

가 가 . 가

5)

가 nor-

4~9 , 10~2 . floxacin, fleroxacin, ofloxacin, levofloxacin,

ciprofloxacin 가 가

. Ciprofloxacin 가

가 ciprofloxacin 500mg 2

90% .

2 , rifamycin rifaximin 가

(, , . , , ,

) , , ,

12~6 , , ,

.

2. .

.

가

가 가

가 loperamide

Campylobacter jejuni .

가 4~5

2.

Fluoroquinolone				
Ciprofloxacin	750mg 1	500mg	3	,
Norfloxacin	800mg 1	400mg	3	Pefloxacin, ofloxacin, fleroxacin 가
Levofloxacin	500mg 1	500mg	3	
TMP - SMZ				
	320mg TMP/1600mg SMZ 2	1		가 , Campylobacter가
	80mg TMP/400 SMZ		3	erythromycin 가
Azithromycin				
	1,000mg 1	500mg	3	, 가 Campylobacter
Rifaximin				
	200mg	3	3	, ,

loperamide . Lope- azithromycin rifaximin
 ramide (4mg) 가
 . 16mg . Lopera- famethoxazole, doxycycline,
 mide 가
 .
 3~5 loperamide
 . (shigellosis) EHEC
 loperamide
 . 2
 . 가
 .
 가
 . 가 loperamide
 가
 ciprofloxacin 750mg 1 가
 가 500mg 3~5 가
 . Levofloxacin, norfloxacin, ofloxacin 가 ,
 가 (2). 가
 Campylobacter, Salmonella, Shi-
 gella 가 ,
 가 DEET(N,N - diethylmetatoluamide)가

(<http://www.istm.org>)



, 가

가

가

가

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CDC(<http://www.cdc.gov/travel>)



Peer Reviewer Commentary

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