



Nigerian Society
Of Travel Medicine

Destination Focus NIGERIA

Pan African Travel Medicine Congress
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By

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NIGERIA - geography

Most populous country in Africa

Situated in West Africa; sub-Sahara Africa

Nigeria has a diverse geography

Climates ranging from arid to humid equatorial.

However, Nigeria's most diverse feature is its people.

Hundreds of languages are spoken in the country, including Yoruba, Igbo, Fula, Hausa, Edo, Ibibio, Tiv, and English is the national language communication.



Likely Visitors and their destinations in Nigeria

- Expatriates

- Business travel without family
- To work and live with/without family

- Diaspora Nigerians

- Business travel without family
- Vacation with family

Nigeria is not a usual tourist/vacation destination.

Vacation could be said to be secondary reason for the trip

- Lagos

- Abuja

- Port Harcourt

- Main cities and respective home towns/villages

- **No go areas** include North-East Nigeria



Health Risk for travellers to Nigeria

- Environment
 - MALARIA
 - Covid – 19
 - Tuberculosis MDRTB – close contact required Beware of personal drivers and domestic aids (nanny for kids expatriate family)
 - Lassa Fever – though a very low risk for expatriates, but a lethal risk.
- Personal
 - A medical check-up may confirm fitness to travel by excluding chronic non-communicable diseases OR confirm same and client starts appropriate treatment to control the disease conditions and please travels with your medication!
- Behaviour
 - HIV/STDS
 - Hepatitis B

Healthcare Infrastructure in Nigeria

- Public and Private Health sectors
- Unique to Nigeria; the traveller needs a doctor to direct one to the appropriate healthcare provider... could this be a role for the Travel Medicine Practitioners in Nigeria? – YES.
- You would find the directory of travel medicine practitioners at the NSTM website www.nstm.org.ng
- **ALL VISITORS TO NIGERIA MUST HAVE HEALTH & EVACUATION INSURANCE!**



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Here are some
NSTM Travel Medicine Clinics in Lagos:

You can visit any of the clinics closest to you or
call the number for enquiries:

1. Q-Life Family Clinic
155A Prince Ade Odedina Street
Victoria Island, Lagos
08022525452: Dr. Adetokunbo Alakija

2. Magna Carta Health
26, Keffi Street Ikoyi, Lagos
09092125900: Dr. Lola Adeyemi

3. Paelon Memorial Hospital
1221 Ahmadu Bello way, Victoria
Island, Lagos
09011122219: Dr. Ngozi Onyia

4. The Children's Practice
25, Raymond Njoku Street, Ikoyi, Lagos
08022235834: Dr. Alexandra Labara Anga

5. Finnih Medical Centre
42, Odufuwa Crescent, GRA
Ikeja, Lagos
08060249816: Dr. Dapo Asiyambi

6. Nebs Clinic and Healthcare Services
Plot 60, Road 11, Festac town, Lagos
08183261713: Dr. Nebe J.N

7. Thomas Aquinas Limited
23, Ayinde-Giwa Street, Surulere
Lagos State Nigeria.
08106386335; Dr. Patrick Chukwumah

nstm.org.ng

all about traveller's health...



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...all about Traveller's Health

Essential vaccinations – my personal take

Vaccines for destination - Nigeria

- Check that routine vaccines are up to date
 - DTP; MMR
- Evidence of complete covid-19 vaccination
- Hepatitis A
- Hepatitis B
- Meningitis – ACWY
- Polio
- Rabies
- Typhoid
- Yellow Fever

My take

- There is a Polio outbreak – Yes get IPV
- BCG vaccine for Tuberculosis
- Certificate of complete covid-19 vaccination is Required, plus Negative PCR test result for covid-19
- Hep A & B recommended
- Meningitis recommended if going to the North and in the dry season Dec – April
- Rabies – YES get your pre-exposure shots two doses, one week apart. Once for life!
- Yellow Fever vaccine REQUIRED for all travellers 9months and older. At least 10 days before travel
- YF outbreak in Nigeria June 30, 2021

Malaria Prophylaxis

Who should take

- There are two groups of travellers: non-immune and semi-immune to Malaria!
- ALL non-immune travellers to Nigeria MUST take malaria chemoprophylaxis at least in the first month!
 - Children of Diaspora Nigerians; Expatriate foreigners and their family; Nigerians who have lived outside malaria endemic countries for three years and above continuously
- Travellers with semi-immunity, may not take chemoprophylaxis; MUST have a high index of suspicion and get a Malaria Rapid Diagnostic Test (RDT) done once there is a feeling of unwell; if POSITIVE, treat with Artesunate Combination anti-malarial.

What to do & where in Nigeria

- Malaria preventive measures:
 - Mosquito avoidance
 - Chemoprophylaxis – Atovaquone-proguanil; doxycycline; mefloquine or tafenoquine
 - Early diagnosis and early treatment
 - Stand By Emergency Treatment (SBET)
- Where in Nigeria
 - All places
 - However built-up urban cities have fewer mosquitoes
 - Rural villages with ample mosquito breeding sites is a major risk for SEVERE Malaria in Diaspora children.

In July 2021, a 40yo Nigerian male, living mostly in The UK and travelling at least once in two years to Lagos for 5 – 20days per visit, DIED of Cerebral Malaria!!!

The lack of Security in Nigeria

scenarios

- Do not pick a Taxi at the airport
- Driving in Lagos
- Jogging walking
- Cycling
- Violent crimes and kidnapping

Counter measures

- Your host must arrange secure airport pick-up and drop-off
- Your host to provide you with vehicle, driver and police escort – when necessary
- Do your jogging walking in a group
- Cycle alone at your own RISK
- Do not flaunt wealth

Conclusion

- Destination Nigeria is for work/business and visiting friends & relatives
- You need to have a host and even a host doctor must be arranged before you depart for Nigeria
- Stay in your bubble
- **MALARIA KILLS!!**
- Never a dull moment in Lagos!
- Looking forward to hosting you in Nigeria.

Thank you

- Ndalu Oshee Nagode
- Ngiyabonga In Venda Dankie
- Asante Sana

