



Health Travel Guide

Last Update: 2013-06-01

IRAQ

Climate

Iraq has a continental climate with extremely hot summers and cool winters. In summer temperatures may range from 40 (night) to 55 (day), with an average temperature of 33°C. In desert areas temperatures can reach and go over 60 °C. Winters are generally short and temperatures may range from 2°C (night) to 16°C (day). Rainfalls are common in the north-eastern areas, mainly from December to February, and have an average of 154 mm.

Standard of Health Care

The quality of medical care in Iraq is quite poor in comparison with international standards. Basic modern medical care and medicines are not widely available, while medical facilities are generally lacking of supply, staff and medication. In Baghdad there are public referral hospitals, but hygiene standards are poor and medical facilities are inadequate. Public hospitals are generally crowded and medical care provided by these facilities is usually unsatisfying. There is one private hospital in Basrah province whose quality is generally quite good and not crowded.

It is always recommended to resort to the local Company physician for any health problem and/or when looking for medical advice. A list of precautions is reported below.

Precautions during the trip

Before travelling:

- Be sure that you are **FIT** to travel abroad, EniServizi is in charge to perform the FITNESS TO WORK for Frequent missions abroad.
- Important, to make the travel medicine meeting with SAL e&p
- Follow all the recommendations for immunization and gather evidence of main prophylactic and prevention measures to adopt during the trip and on arrival.
- Be sure to read the health brochures released by SAL e&p Medical Services.
- Take your personal medication and list of contacts.
- Obtain any necessary routine medical / dental care before leaving.
- Do not forget always keep with you a contact reference numbers for any request and emergency.

On arrival:

- For further health information, on arrival you can contact our health services in order to gather evidence on local health care facilities and eventually collecting information on prevention of local diseases.
- Seek for local Company medical services to resort to in case of need.
- Follow all the recommendations on prophylactic measures, mainly regard to: food and water safety, insects bite prevention and avoidance, etc.
- In presence of fever, diarrhoea and other diseases, do not hesitate to contact our local Company physician.

Information about diseases

The main infections actually endemic in the country are listed in the table below.

INFECTIONS	EPIDEMIOLOGICAL NOTES
Hepatitis A, B & C	Hepatitis A is hyperendemic (96 % prevalence) and Hepatitis E endemic (20 % prevalence) within areas involved by the project. Care should be taken to avoid potentially contaminated food and water sources, while vaccination against hepatitis A is strongly recommended. Hepatitis B and C are endemic in the general population. These diseases are transmitted through blood contamination and precautions should be taken in particular in dental care, blood transfusion and sexual contacts.
Typhoid Fever & Gastroenteritis	There is a high incidence of shigellosis and salmonellosis in this country, as well as outbreaks of acute diarrhoeal syndrome in the Basrah province. Intermediate risk for Diarrhea caused by protozoa. In 2007 36.208 cases of Typhoid/paratyphoid reported in the country. Care should be taken to avoid potentially contaminated food and water sources.
Brucellosis	Intermediate risk for Brucellosis. Travellers should avoid unpasteurized goat cheese and other unpasteurized dairy products.
Cholera	Low risk for infection in most travellers, but cases have been reported with multiple outbreaks in 2007 (4697 cases), 2008 (21 cases) and 2009 (4 cases). Food and water precautions are usually sufficient to prevent the disease.
Leishmaniasis	The disease is widespread in Iraq. Cutaneous form may occur throughout the country and peak transmission season typically begins in May. Currently the disease continues to spread in the southern province of Qadisiyah (about 130 Km south of Baghdad), with at least 275 cases in 2008. Cases of visceral Leishmaniasis have been also reported.
Schistosomiasis	An intermediate risk occurs near the Tigris and Euphrates Rivers, especially in the central (Anbar governate) and southeast regions. Avoid freshwater exposure in these areas.

Other diffused pathologies are:

- **Malaria:** Malaria risk (*p. vivax*) is very low and confined to the north, where it exists from May through November and below 1500 m. There is no malaria in major towns (Bagdad, Tikrit and Ramadi) and within Basrah Governate (Zubair Field) where operations are carried out.
- **Tuberculosis:** High prevalence countrywide. Particularly diffused among several subgroups of population.
- **Rabies:** Rabies is endemic and there is a risk in particular within rural and sub-urban areas.
- **Leptospirosis:** intermediate risk for Leptospirosis. Avoid freshwater exposure in these areas.
- **AIDS:** Data on HIV infection are uncertain, but it is reported an overall prevalence below 2 % for Hepatitis B.
- Other occurring diseases include Trachoma, Crimean-Congo hemorrhagic fever, Dengue fever (southern regions), and Sand-fly fever, Plague, Echinococcosis, West Nile Virus, Anthrax and Q-Fever.
- Three human cases of **Avian flu (virus A/H5N1)** has been reported in the last years, but currently the diseases is monitored and the risk is very low. It is advisable to avoid contacts with poultry, waterfowls and pigs.

Vaccinations and Prophylaxis

Vaccination comprises mandatory (Requested by the country), highly advisable (needed to ensure a baseline protection for all travellers independently from destination) and advisable ones. The protocol of vaccinations must be planned well ahead of departure data and specifically tailored at the needs of each one together during the Fitness to work visit for frequent missions, fitness to work visit for contract and during the travel medicine meeting.

INDICATION	VACCINATIONS	REMARKS
Mandatory to protect the worker against the risk in place	Tetanus & Diphtheria	Protection covers a period of 10 years
	Typhoid Fever	The vaccine is 60 to 70 % effective. Protection covers a period of 2 – 3 years
	Hepatitis A & B	Protection is usually life-long. It is recommended to check immunity with serological tests after 10 years

Other vaccination advisable in accordance with work / site nature:

- **Rabies:** Only for long-term visitors with outdoor exposure in rural areas and when medical doctor indicate after an animal bite or scratch
- **Influenza:** It is advisable to take seasonal influenza vaccination

AIDS/HIV test is required for residency/exit permit. It is required for stays of 10 days or more and is performed in Iraq.

Although Yellow fever does not occur in Iraq, an official **yellow fever vaccination** certificate is required for travellers coming from countries where the disease occurs (Africa and Americas).

Insect-borne diseases

- Diseases transmitted by insects may pose a problem in this country. Flies transmit Leishmaniasis, ticks transmit Crimean-Congo hemorrhagic fever, and mosquitoes transmit Malaria (in some areas) and West Nile Virus, while cases of Dengue fever may occur in southern regions.
- Personal protective measures against the puncture of insects are advisable when insect exposure is anticipated, mainly in the inland and rural areas. These precautions include the use of insecticides, insect repellents, appropriate clothing and mosquito networks.

General recommendations

There is a higher risk of contracting infectious diseases due to poor hygiene practices and the consumption of contaminated food and water. The most common infection is traveller's diarrhoea. Other infections very common are Hepatitis A and Typhoid fever.

The main risk sources and the associated diseases are listed in the schedule below:

Food and Water	Puncture of Insects	Animal Bite and Scratch	Blood, Sex and Dental care	Bathing and soil contact
----------------	---------------------	-------------------------	----------------------------	--------------------------

Hepatitis A &E, Typhoid/ Paratyphoid diarrhoea, Cholera, Traveller's diarrhoea and Brucellosis	Malaria, Leishmaniosis, Dengue, West Nile Virus and Crimean-Congo hemorrhagic fever	Tetanus and Rabies	Hepatitis B, Hepatitis C, STDs	Schistosomiasis (bilharzias)
--	---	-----------------------	-----------------------------------	---------------------------------

In order to prevent the transmission of infectious diseases particular care must be taken to:

- **Water and food:** follow the recommendations reported in below.
- **Blood transfusion/Dental care:** must be avoided if not under control of our company physician.
- **Animals Bite/Scratch:** Take care about scorpions and vipers during summer
- **Bathing and soil contact:** Avoid bathing in rivers, lakes and watercourses.
- **Animal bite/Scratch:** Take care particularly to snakes, scorpions, spiders and centipedes. Main precautions may regard the use of boots during excursions within rural areas, being careful to avoid permanencies in areas covered by foliage. Inspect your clothes and shoes before dressing yourself, particularly in the morning. In any case it is advisable to contact the local Company physician for gathering further information on precaution measures.
- **Other:** Mole plant, belladonna, strychnine.

Desert precautions

- Be careful because insects, scorpions and snakes may be present in the desert.
- Keep yourself hydrated and increase fluid intake particularly following to vigorous exercise.
- Use sun protection in order to avoid the effects of sun and heat (sunburns) in case of extensive outdoor exposure. Sun protection may include body creams, appropriate clothes, sun glasses, etc.
- Be reminded that many drugs, such as common antibiotics and anti-inflammatory drugs such as Ibuprofen, may increase sensitivity to sunlight and the risk of getting sunburn.
- Be reminded that your body may take time to adjust and acclimatize to the new outdoor condition, particularly when the climate is tropical and extreme heat conditions occur.

Food and Water

Maintain strict personal hygiene: wash your hands frequently and always immediately prior to eating.

Water and Beverage:

- Tap water and ice may not be safe and consequently it is advisable to drink only bottled or boiled and carbonated water.
- Look for bubbles when you open a carbonated beverage: bubbles are evidence that the product has been processed.
- Do not drink water without first boiling it for an extended period, or filtering it in a specially-designed water purifier, unless you are absolutely certain of its source
- Bottles are sometimes refilled with tap water and resold, and these products are not safe to drink.
- It is better to avoid ice from unknown source.
- Do not rinse mouth or toothbrush wit tap water and do not open mouth in the shower.
- Coffee and tea made from boiled water and beer and wine are safe.

- Boil not pasteurised milk prior to use—avoid ice cream and yogurt-based foods. Keep your Hepatitis A vaccination up to date.
- If in doubt, use bottled water from a trusted source in sealed bottles—use this water also to make ice and for cleaning your teeth.

Food:

- Avoid street vendors, because the standard of hygiene is low and the food usually not fresh.
- It is advisable prefer food that has been thoroughly cooked and served hot: meet and fish should be “well done”.
- Don't eat or buy pre-peeled fruit or salad and avoid raw foods and shellfish
- Desserts and ice creams may also be dangerous.
- Although food in larger hotels is usually safe, follow the basic rules anyway.
- Always follow the rules: 'Cook it, Peel it, Boil it'.
- Eat only cooked vegetables, avoid salads, and peel fruit.
- Cook all meat thoroughly and eat it hot whenever possible. Avoid leftovers and reheated food.
- Shellfish, even well cooked, is a high-risk food. If in doubt leave it.
- Avoid food from roadside stalls and informal eating houses.

Medical Support

If you will travel in resident contract, do not forget to ask in Human Resources the "Attestato per l'assistenza sanitaria ai cittadini Italiani all ' estero (Art 15 D.P.R. 618/80). in 4 copies, and make stamp for your ASL.

[In IRAQ, Eni has a Business Unit \(eni IRAQ B.V \) with Company Clinic](#)

For any medical problem **You have to refer to the Business Unit**. Then it is very important to have the key telephone numbers of the Business unit (Human Resources or your area reference).

Useful Links

1. VACCINATION AND ANTIMALARIA PROPHYLAXIS.

In the following link <http://kmcs.eni.it/CoPHealth/Pages/TravelMedicine.aspx>

*You can find information about **TRAVEL MEDICINE** tips. This information includes some important tips that you have to know about the trip itself, before, during and after your trip. These considerations are focused to avoid and mitigate the most important risks that you may encounter along the trip. The information includes also the Vaccination, and you can download the brochures in English, French and Italian about the indications, contraindications and secondary effects of the vaccines.*

*For the countries with Malaria risk, you can find also the indications about **Anti Malarial Prophylaxis** and the brochure in English, Italian and French of the **MALARONE**, which is the recommended medication to perform the prophylaxis against **MALARIA**.*

2. HEALTH GUIDES.

In the following link <http://kms.eni.it/CoPHealth/Pages/HealthGuides.aspx>

*You can find our **HEALTH GUIDES** including one **Video** with general indications for international travellers (in ITALIAN language only); and you can download the health brochures.*

3. COUNTRY GUIDES.

In the following link <http://kmcs.eni.it/CoPHealth/Pages/CountryMap.aspx>

*You can find the **COUNTRY GUIDES** with general information about the country that you have to visit. Just touch in the world map the country that you want to know.*

4. MINISTRY OF HEALTH.

In the following link

<http://www.salute.gov.it/malattieInfettive/paginaInternaMenuMalattieInfettive.jsp?id=655&lingua=italiano&menu=viaggiatori>

Ministero della Salute - ITALIA - Travel medicine

5. FIRST AID KIT. *In the following link*

http://myeni.eni.it/international/assets/tools/myenilight_external_contents.html?toolbar=1&apps=http://promozionesalute.eni.it/EN/

*You can find general travel information and recommendations about **Medical kit for travellers***

6. INSURANCE.

In the following link (if you are travelling by air and the ticket is issued by EniServizi)

http://espoint.eniservizi.eni.it/it_IT/pagine-interne/Servizi/Servizio_viaggi/Viaggiare_in_aereo_e_in_treno/Viaggiare_in_aereo_e_in_treno.shtml

*You can download, print and read the **INSURANCE** (copertura assicurativa AMEX) that can be used for in-patient treatment (hospitalization).*

Contact details in the Business Unit

HEALTH MANAGER

Mobile: +964 78085 96074

HUMAN RESOURCES MANAGER

VOIP: 7150260 ext. 32016