Hepatitis A Vaccine for U.S. Travelers to Olympics in Russia

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All Americans traveling to Sochi, Russia, for the Olympics should be vaccinated against the hepatitis A virus (HAV) either before or after the games, according to a U.S. Centers for Disease Control and Prevention (CDC) Food Poisoning Bulletin. Although the shot is usually given in two doses six months apart, experts say the vaccine can be given up to 14 weeks after a person's exposure to the virus and still be effective. The agency also recommends that people visiting Russia who have not yet been vaccinated avoid eating wild game, foods from street vendors, raw or soft-cooked eggs, fresh condiments such as salsa, and tap or well water. The CDC recommends these precautions for travel to all countries except Canada, Japan, New Zealand, Australia and those in Western Europe or Scandinavia.

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