

The following information will help you to stay healthy on your trip. This information is very brief so that it is easy to read, but we strongly recommend you investigate advice further by checking out websites such as the following: [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) ; [www.nathnac.org](http://www.nathnac.org) ; [www.fco.gov.uk](http://www.fco.gov.uk)

## FOOD AND WATER

Many illnesses, including traveller's diarrhoea, are contracted through contaminated food and water. In countries where sanitation is poor, following the basic guidelines listed below can reduce your risk of disease.

As usual, hand washing after going to the toilet and before handling or eating food is essential.

Water used for drinking, washing food or cleaning teeth should be bottled, boiled or sterilised with disinfectant tablets.

Check for intact seals on all drinks bottles.

Only eat food that has been freshly and thoroughly cooked, and is still hot. Consumption of food and beverages from street vendors has been associated with an increased risk of illness.



Foods that grow close to the ground are more likely to be contaminated and therefore salads, fruit and raw vegetables should be avoided unless you can peel or shell them yourself.

Raw and undercooked fish and shellfish are hazardous. Avoid icecream and unpasteurised dairy products.

## INSECT BITES

Biting insects, including mosquitoes, can spread serious diseases such as Malaria, Yellow Fever, Japanese B Encephalitis, Dengue fever. Some bite at night, and some in the day. The incidence of bites can be reduced following the advice below:

Cover up as much skin as possible if going out at night.

Use insect repellent on exposed skin (DEET containing products are most effective). Apply sunscreen first if using both products.

Protect yourself overnight by using air conditioning or shutters/screens from early evening and spray the room with insecticide spray.

If sleeping in an unprotected room, always sleep under a mosquito net impregnated with permethrin.

Electric insecticide vaporisers are effective if no power failure.



**PLEASE TURN OVER**

**Malaria** is a serious and sometimes fatal disease. If you develop flu like symptoms (including fever, sweats, chills, feeling unwell, headaches, muscle pains, cough, diarrhoea) seek medical advice. Malaria can present from 7 days after entering the malarious area, up to one year afterwards. The essential components to reducing the risk from malaria are: A – Awareness of the risk, B - Bite prevention, C – Chemoprophylaxis (taking the correct tablets) and D – Diagnosis (knowing the symptoms and acting quickly).

### **ANIMAL BITES**

Rabies is present in many parts of the world. If a person develops rabies, death is 100% certain. Rabid animals chase people moving quickly (therefore running/cycling increases risk).

There are 3 rules regarding rabies:

1. Do not touch any animal; even dogs and cats.
2. If you are licked on broken skin, scratched or bitten by an animal in a country which has rabies, wash the wound thoroughly with soap and running water for 10-15 minutes, then apply antiseptic solution eg iodine or alcohol. If the animal's saliva comes into contact with your eyes or inside your mouth, again wash thoroughly for 10-15 minutes.
3. Seek medical advice IMMEDIATELY, even if you have previously been immunised.

### **SUN PROTECTION**

Sunburn and heat-stroke cause serious problems in travellers, including skin cancer in the long term.

The following guidelines will reduce the risk of problems:

Use Sun blocks containing UVA and UVB protection and sufficient sun protection factor (SPF). Babies under 6 months should be kept out of the sun, children under 3yrs should use a minimum of SPF 25. Follow the manufacturer guidelines and reapply often and always after swimming and washing.

Apply sunscreen first, then insecticide. Wear protective clothing such as sunhats, sunglasses, T shirts.

Increase sun exposure gradually, with a 20 minute limit initially, and avoid going out between 11am and 3pm, when the sun's rays are strongest.

Take special care of children and those with pale skin/red hair.

Drink extra fluids in a hot climate and be aware that alcohol can dehydrate you.

**ADVICE NOT INCLUDED HERE includes risks to personal safety; risks from blood borne diseases; and from deep vein thrombosis, altitude, diving, parasites and ticks.**