



Passport ✓ Tickets ✓ Travel Insurance ✓

# TRAVEL HEALTH?



Over 70 million trips abroad are made from the UK every year<sup>1</sup>, but **around 50% of travellers** seek no health advice before travelling<sup>2</sup>. This means many travellers are potentially putting their health at risk.

[www.valnevauk.com](http://www.valnevauk.com)

# POTENTIAL TRAVEL HEALTH RISKS

When preparing for your travels, there are many things to consider, however your health should always be high on the list of priorities.

Depending on your destination and the activities you plan to engage in, travelling can increase your risk of developing a variety of health problems. Ranging from mild and inconvenient to severe and life-threatening, these diseases include but are not limited to:

## Mosquitoes, ticks & other biting insects



- Chikungunya
- Dengue Fever
- Japanese Encephalitis
- Lyme Disease
- Malaria
- Tick-borne Encephalitis
- Yellow Fever
- Zika Virus

## Person-to-person



- Diphtheria
- Hepatitis A & B
- Meningitis
- Polio
- Tuberculosis

## Food & water



- Cholera & Travellers' Diarrhoea
- Hepatitis A
- Typhoid

## Animals & other infection routes



- Rabies
- Tetanus

## Other risks & considerations:

- Sunburn
- Heat exhaustion & sunstroke
- Dehydration
- Travel & altitude sickness
- Deep vein thrombosis
- Sexual health
- Managing your medication
- Personal safety

# TRAVELLERS' CHALLENGES

- 1 Many travellers do not think about health advice as part of their holiday and travel planning
- 2 Travel health can be complicated and sources of advice fragmented, leaving travellers uninformed and under-prepared
- 3 As a result, travellers often leave it too late to seek professional travel health advice and protection, or do not seek advice at all
- 4 Travellers are unclear on where best to seek professional advice and can't always get a convenient appointment
- 5 Despite having made a significant investment in the cost of their holiday, people perceive travel health as expensive compared to the risk of travelling unprotected



# HELP PROTECT YOURSELF

No matter whether you are travelling abroad on holiday, visiting family or friends or travelling for business, you should consider the potential health-related risks you may be exposed to.

It is recommended that you research the countries you are travelling to and seek professional travel health advice from either your nearest travel health clinic, or a pharmacist who offers a comprehensive travel health service. These clinics will help you to understand the risks and take the appropriate preventative measures.

If you need vaccinations for your travels, you may need to allow time for more than one dose. For this reason, it is recommended that you seek comprehensive travel health advice **at least 6 weeks before travelling.**



## Useful information for discussing travel health needs with your healthcare professional

- Destination(s)
- Duration of stay
- Planned / intended activities
- Recent destinations and vaccinations received
- Pre-existing medical conditions
- Current medications



Visit [www.bewareofthebugs.com](http://www.bewareofthebugs.com) to find your nearest convenient pharmacy or specialist travel health clinic for a risk assessment before your trip.

**Beware**  
of the **Bugs**



# PRE-TRAVEL CHECKLIST

Before embarking on your travels, there are many things to consider. Whether you're going on a round-the-world trip or a summer holiday, make use of our comprehensive checklist to ensure you have thought through everything you might need for your time abroad.

## From the Pharmacy

- Insect repellent (e.g. Mosquito Guard®)
- Medication for pre-existing medical conditions (incl. original prescription or doctor's letter)\*
- Travel sickness medication
- Antihistamines (insect bite treatment)
- Painkillers (incl. children's strength, if necessary)\*
- Antidiarrhoeal medication
- Rehydration sachets
- Indigestion medication

## From the Travel Health Clinic

- Antimalarial medication (where applicable)
- Travel vaccinations
- Vaccination certificates (where applicable)

## First-Aid Kit

- Hand sanitiser
- Antiseptic cream
- Wound-cleaning gauze
- Sterile dressings
- Bandage tape
- Plasters / blister plasters
- Tweezers
- Scissors
- Allergy eye drops
- Thermometer
- Safety pins

## Essentials

- Passports / visa(s)
- Personal ID
- Cash / credit cards
- European Health Insurance Card (if travelling within Europe or Switzerland)
- Travel insurance
- Tickets / booking documents
- Emergency contact details

# PRE-TRAVEL CHECKLIST

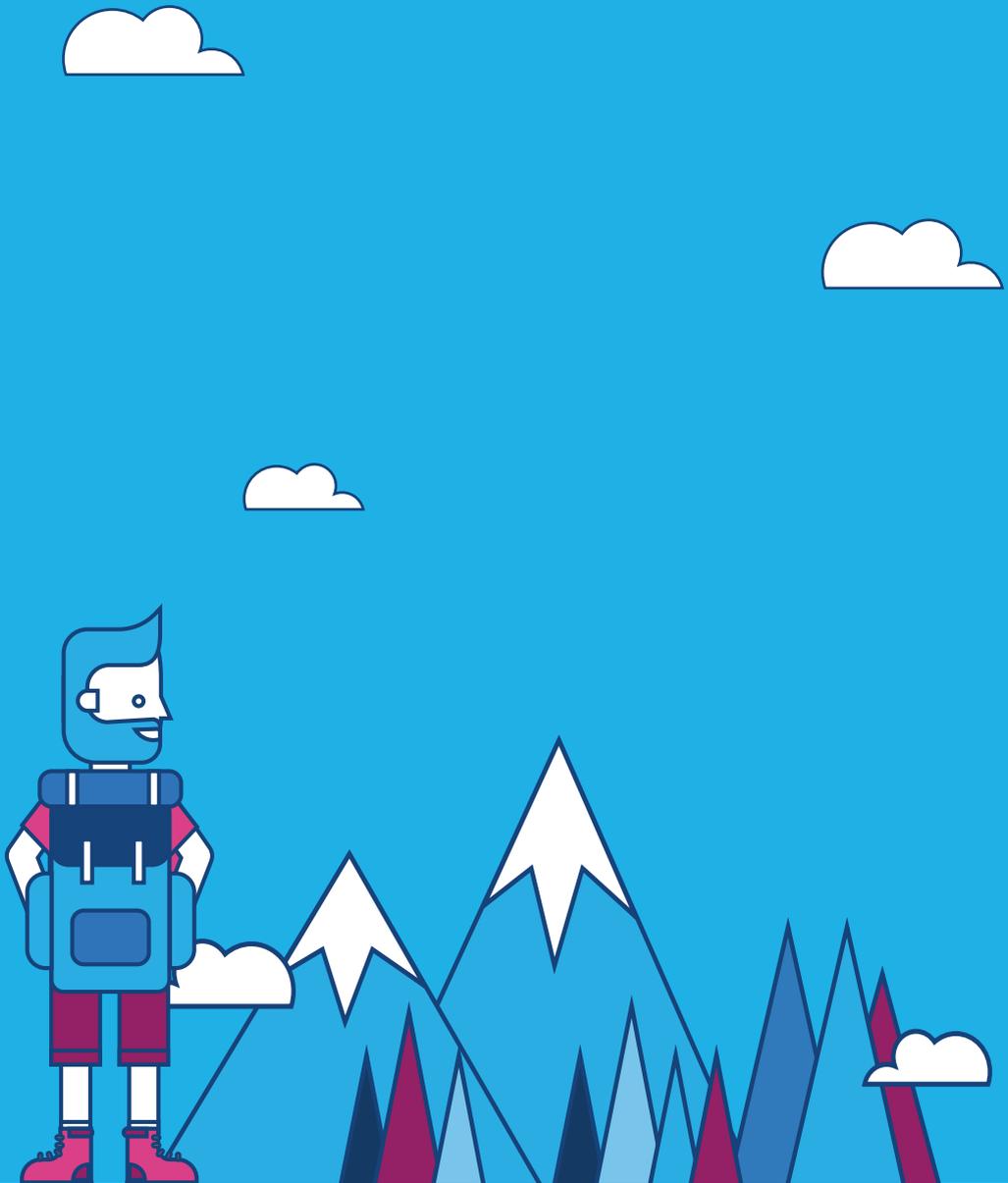
## General Toiletries

- Toiletry bag
- Sunscreen
- After sun
- Toothbrush / toothpaste
- Dental floss
- Mouthwash
- Skin care / lotion
- Soap / cleansers
- Shower gel
- Wash cloth
- Deodorant
- Baby wipes
- Tissues
- Personal hygiene products
- Feminine hygiene products
- Make-up
- Make-up remover
- Lip balm
- Glasses / contact lenses
- Contact lens solution / case
- Nappies / swim nappies

## Other

- Insect repellent  
(e.g. Moskito Guard®)
- Mosquito net
- Ear plugs
- Contraception
- Sunglasses
- Padlocks (combination)
- Device chargers
- Power adaptors
- Books / magazines
- Travel guides
- Sewing kit
- Sunhat
- In-flight stockings

\*Ensure any painkillers or medications that you take are permitted in your destination country



## REFERENCES:

1. Office for National Statistics. Travel trends: 2016. 18 May 2017. Available online: <http://www.ons.gov.uk/peoplepopulationandcommunity/leisureandtourism/articles/traveltrends/2015> (Last accessed September 2017)..
2. Fit For Travel. The Last Minute Traveller. Guest Author: Carolyn Driver. Available online: <http://www.fitfortravel.nhs.uk/resources/literature-for-travellers/test-image-placement.aspx> (Last accessed September 2017).

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