

TINKERS LANE SURGERY TRAVEL ADVICE LEAFLET



This is general information to help you stay healthy on your holiday. It is not meant to replace the need to check information with your travel company or checking yourself or your need to use common sense.

VACCINES

- See your Practice Nurse 6 – 8 weeks before your trip. Some vaccines need to be ordered, some need a course over 1 – 2 months and some take 2 – 4 weeks to work.
- Some vaccines are free on the NHS and some are charged for by cash or cheque.
- If you have left it too late for an appointment with us, you may be able to get vaccines or tablets from the following privately.
 - Boots Royal Wootton Bassett
 - Chippenham Travel Clinic – Hathaway Medical Centre, Chippenham SN14 6GT
Tel No: 0330 100 4157
(Private – you will pay for the consultation and all vaccines). They stock malaria tablets and vaccines
Or Nomad clinics in Bath/Bristol
- If you do have any vaccines elsewhere, please let us know so that we can update your records.
- Malaria tablets can be obtained online at short notice and may cost more, but use a reputable company such as www.lloydspharmacy.com and be sure to tell them all medical conditions including pregnancy and all medication that you take.

Advice can also be obtained from the following websites:

www.fitfortravel.nhs.uk www.nathnac.org www.fco.gov.uk/travel
www.nhs.uk www.spmsd.co.uk

INSURANCE

- Always check that you have got adequate medical insurance and that it covers any hazardous activities you may do e.g. water sports or climbing (if in doubt, check with your company) and check that it includes repatriation.
- Ensure that you have disclosed any medical conditions including pregnancy, recent and pending treatment or operations and any medication.

EHIC

- This replaces the E111 card. You can get it free before you travel for Europe from www.nhs-direct.org.uk or www.direct.gov.uk. This helps you to get free emergency treatment but does not replace the need for good travel insurance.

ACCIDENTS

- Always use seatbelts and helmets and check vehicle condition.
- Have a full driving licence for the vehicle event if it is not the law where you are going. It is safer and, if not used, may invalidate your insurance.
- Alcohol can also invalidate insurance.
- Take full details of any accident and take photos where possible. Keep receipts and report it to the Police and your Insurance Company as soon as possible.

PASSPORTS/VISA

- Check that you have six months left on your passport for your return journey.
- Apply for any VISAS or documents that you need in plenty of time.

TIP

- Scan all documents e.g. insurance, passport, medical records and email to yourself so if lost you can get the details on holiday.
- Find out details of the nearest Medical Centre and Foreign Commonwealth Office where you are going before you travel.

FIRST AID AND MEDICATION

- Consider an appropriate first aid kit for where you are travelling including suitable painkillers, diarrhoea tablets and antihistamines.
- Keep medication in original boxes and take a summary of any medical conditions you have.
- Also consider sunscreen, mosquito repellent, antiseptic or bite cream, and consider sterile medical or dental kit.
- Check your destination has no restrictions on the medication that you will be taking.

HEALTH INFORMATION TO CONSIDER

WATER can spread disease.

- Unless it is safe, use sealed bottled water, boiled and cooled water or water sterilised with tablets for drinking, cleaning teeth and ice cubes or washing food.

CONTAMINATED FOOD can make you ill.

- Some foods are higher risk – avoid salads, raw vegetables, unpeeled fruit, ice-cream, shellfish, raw meat, raw fish, unpasteurised milk and leftovers.
- Avoid street vendors.
- When in doubt leave it out

POOLS – RIVERS – LAKES can be a risk.

- Check that the pool is treated and looks clean.
- Avoid immersing head and swallowing water.
- Shower with soap and clean water after.
- Don't walk bare foot.
- Don't dive head first.
- Don't urinate when in rivers/lakes.
- Check for any hazards like sharks or jellyfish.

TRAVELLERS DIARRHOEA can be serious.

- Wash hands with soap and water after using toilet and before meals.
- Rehydrate with oral solutions like Dioralyte or even flat coke or lemonade.
- Consider diarrhoea tablets in adults (never children under 4) e.g. Imodium or Lomofil – following instructions on the packet.
- GET MEDICAL HELP if a person has a temperature, there is blood in diarrhoea, it goes on for more than 48 hours, the person is confused, drowsy or floppy, if the person is young, elderly or has an underlying medical condition.

INSECT BITES can get infected and some insects, such as mosquitos, can spread disease like malaria, yellow fever and encephalitis, zikv and dengue fever.

- Avoid bites by covering up with loose clothes, use air-conditioning, screens or impregnated nets and vaporisers (garlic, lemon, marmite and B12 won't work).
- Use a repellent with 50%+ DEET and apply 15 minutes after sunscreen as directed, not just evenings.
- Check your country's malaria risk before travel as you may need tablets and they need to be taken before, during and after your trip. Follow the instructions and finish the course. Different countries need different tablets due to resistance.
- Report illness up to 1 year after travel. Use antiseptic cream and plasters. Consider antihistamines. Seek medical help if area swells or you feel ill e.g. fever, headaches or vomiting.
- If zikv present do not go if pregnant and avoid pregnancy and use condoms for 6 months after travel.

DISEASES Different countries may put at risk of illnesses.

- Check if you have had the full UK vaccine schedule.
- Check if you need any other vaccines for where you are going.
- Check if vaccines are up to date and whether you need boosters.
- The longer you are staying, the more you are with the local population and the more basic the accommodation, the more you are at risk.

SUN AND HEAT can cause sunburn, sunstroke and cancer.

- Slip on a t-shirt or sun vest especially between 11am – 3pm when rays are strongest and use for children.
- Apply sunscreen. Use a minimum SPF of 15 for adults, SPF 25 for children and SPF 50 for babies (preferably keep them out of the sun).
- Wear a hat and sunglasses. Cover tops of ears.
- Drink plenty of water and avoid alcohol.

ANIMAL BITES Rabies is present in many countries.

- Consider vaccines if staying for 1 month, living with locals, staying in a remote area or if activities put you at risk.
- Don't touch animals especially stray dogs and cats.
- Don't go in caves with bats (bites and inhaled droppings spread rabies).
- If bitten, licked or scratched wash the wound well with soap for 15 mins. If you are bitten, make it bleed and apply iodine or alcohol. If possible find out whose animal it is or if it is a stray.
- Seek medical help the same day even if you have had vaccines before leaving as you may need more.

ALCOHOL takes effect quicker in the sun and when tired.

- Your coordination, speech and mood can be affected making accidents and confrontation more likely.
- Too much alcohol increases your risk of assault and rape.
- Stay safe – drink with a friend, with a meal, avoid mixing alcohols, stop when you have had enough and never leave drinks unattended.

HEP B AND HIV

- Use condoms.
- Don't have tattoos or body piercing abroad.
- Don't share needles and use sterile medical equipment (consider taking your own pack if going to remote areas).
- Avoid dental work and blood transfusions unless you are certain they are safe or in an emergency.

DVT RISK Flying or staying still for long periods increases your risk of DVT.

- Keep moving legs and feet.
- Get up and walk every 2 hours.
- Don't cross legs or wear tight clothes.
- Drink water, not alcohol.
- Consider flight socks with medical advice.
- Seek medical advice if you have hard, red, hot painful calves or if suddenly short of breath or have chest pain.

CHRONIC ILLNESS

Check with your nurse/GP before going as you may need extra advice or medication.