

**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. Children are at higher risk.

- Consider vaccines if staying for 1 month, living with locals, staying in a remote area or if activities put you at risk.
- **Do not touch animals** especially stray dogs and cats.
- Do not go into 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.

**HEP B AND HIV**

- Use condoms.
- Do not have tattoos or body piercings abroad.
- Do not share needles and use sterile medical equipment (consider taking your own pack if going to remove 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 extended periods increases your risk of DVT.

- Keep moving legs and feet.
- Get up and walk every 2 hours.
- Do not 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 become short of breath or have chest pain.

**CHRONIC ILLNESS** Check with your nurse/GP before traveling as you may need extra advice or medication. E.g., Diabetes, COPD.

**Written and amended by Sue Levy RGN January 2024 after travel update.**

**It is your responsibility to check information and risk about the country you are travelling to. This is a guide to help you make the most of your holiday or visit.**

# 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:

Please book an appointment with a nurse upon collecting your vaccination form/downloading and printing off via the Travel Vaccination Form Tile on this page. Our nurse can then cancel your appointment if your vaccines are all up-to-date and you do not need travel advice, or if we are unable to supply the vaccines you need.

**NB: We are ONLY doing NHS funded vaccines, you will need to attend a private clinic for non-NHS vaccines: Rabies, Hepatitis B, Tick, Japanese encephalitis, Meningitis and Yellow fever; please click on the Travel Advice Leaflet tile for alternative centres. Please complete this form 6-8 weeks before travel, and hand it in to reception prior to appointment.**

- Certain vaccines need a course, and some take 2-4 weeks to work.
- Some vaccines are free on the NHS {Tetanus, Diphtheria, Polio, Hepatitis A, Typhoid and Cholera}
- Some vaccines will require a visit to a private clinic such as {Yellow fever, rabies, Hepatitis B, Japanese Encephalitis and Meningitis}
- For short notice appointments, the following private clinics are available for certain vaccinations. {Not all clinics offer yellow fever, we have marked those which do with YF}:
  - Masta Travel Clinic: *Lloyds Pharmacy, Moredon Health Centre, Swindon, SN2 2JG, 0330 100 4106*
  - Boots: *Brunel Plaza, Swindon, SN1 1LF, 01793 536 347*
  - Lyneham Pharmacy, *Inside Costcutters, The Green Lyneham SN15 4PD 01249 892813. [YF]*
  - Gompels Pharmacy: *Melksham, SN12 6LF, 01225 702 198 [YF]*
  - Superdrug: *Bath, Westgate Street, BA1 1EL, 01225 336 198 [YF]*
  - Nomad: *Berkley Square, Bristol, BS8 1HL, 01341 555 061 [YF]*
- If you do have any vaccines elsewhere, please tell us so that we can update your records.
- Some malaria tablets can be bought over the counter at pharmacies, and some will need a private prescription depending on where you are going and your age, if under 18 years old.
- You can also buy these from some travel clinics for adults and children.

Please visit the links below for further information:

- [www.nathnac.org](http://www.nathnac.org)
- [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)
- [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel)
- [www.nhs.uk](http://www.nhs.uk)
- [www.uk.govtravelabroad.com](http://www.uk.govtravelabroad.com)
- <https://www.istm.org> (this is a website to find travel clinics abroad)

## INSURANCE

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- Ensure that you have disclosed any medical conditions including pregnancy, recent and pending treatment or operations and any medication.

## **UK GLOBAL HEALTH INSURANCE CARD (GHIC)**

- This replaces the E111 card and EHIC. You can get it free before you travel for Europe from [www.nhs-direct.org.uk](http://www.nhs-direct.org.uk) or [www.direct.gov.uk](http://www.direct.gov.uk). This helps you get free emergency treatment but does not replace the need for good travel insurance. It takes up to 2 weeks to arrive.

## **ACCIDENTS**

- Always use seatbelts and helmets and check vehicle condition
- Have a full driving licence for the vehicle even 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 receipt 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.

## **TIPs**

- **Scan all documents** e.g., insurance, passport, medical records, and email it to yourself so if lost you can get the details on holiday.
- Find out details of the nearest Medical Centre and Foreign Commonwealth Office 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, e.g., controlled drugs codeine.

**Flu/Covid** Get vaccines when offered and keep record.

- Situation and rules change frequently you must check the rules yourself.
- Check FCO before booking and travel, i.e., testing, rules, pass and restrictions.

## **LGBT**

- LGBT check rules of country you are visiting.

## **Mental Health**

- Mental Health check you have support if needed and a good insurance.

## HEALTH INFORMATION TO CONSIDER

**WATER** can spread disease.

- Unless it is safe, use sealed bottled water, boiled, and cooled water, or sterilised with tablets for drinking, cleaning teeth, and ice cubes or washing food. If using for baby formula boil water in a pan for 5 minutes and cool before use.

**CONTAMINATED FOOD** can be a risk.

- Certain 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
- Do not walk bare foot.
- Do not dive headfirst.
- Do not urinate when in rivers/lakes.
- Check for any hazards like sharks, jellyfish, riptides, sunken wrecks, rocks.

**TRAVELLERS DIARRHOEA** can be serious.

- Wash hands with soap and water after using toilets 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 Lomotil – 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, some insects, such as mosquitos, can spread disease like malaria, yellow fever, and encephalitis, zikv, dengue fever, and chikungunya.

- Avoid bites by covering up with loose clothes, use air-conditioning, screen or impregnated nets and vaporisers (garlic, lemon, marmite and B12 will not work)
- Use a repellent with **50%+ DEET** and apply 15 minutes after sunscreen as directed, not just evenings.
- Check the visiting countries malaria risk before you travel as you may need tablets and they need to be taken prior to your visit, during and after your trip, follow the instructions and finish the course. Different countries require 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 zika 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. Look at Nathnac for other risks.

- Check if you have had the full UK vaccine schedule.
- Check if you need any other vaccines for where you are going.
- Check if your 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.
  
- Always check that you have 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.