

4 Altitude sickness:

If you are travelling to a high altitude location consult your doctor, especially if you have any pre-existing conditions, such as diabetes, lung or heart disease.

Altitude sickness is caused by a lack of oxygen in the air and starts at heights about 2,400m (8,000ft). Everyone reacts differently to altitude and there is no 'type' that can cope with it better than another. If you don't feel yourself (headaches, tired, loss of appetite, nausea, vomiting) seek medical assistance immediately.

Psychological effects:

When travelling there are many factors which may cause us to feel increased stress and anxiety and these experiences may trigger new mental health issues or intensify conditions you may already be living with.

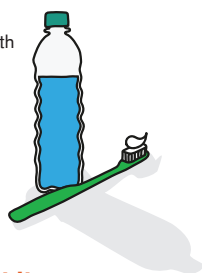
If you experience any symptoms seek medical advice or see your doctor as soon as possible upon return.

Don't forget about food and water safety:

Unclean food and water can cause travellers' diarrhoea and other diseases. Remember:

- the food mantra: boil it, peel it, cook it – or forget it
- use bottled water for drinking and brushing your teeth
- wash your hands regularly with soap and water and use a 60% alcohol gel
- if you have travellers' diarrhoea, you must keep hydrated with safe water and use rehydration salts

Avoid blocking drugs as this can keep the bugs in and make your condition worse.



Boil it, peel it, cook it or forget it.

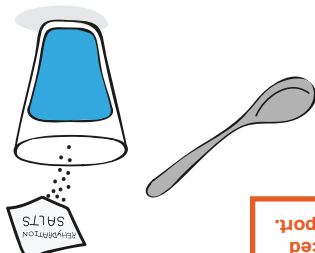


3 Hot climates

In hot climates travellers can suffer from both the heat and the sun. If you can, acclimatise slowly. If outdoors for long periods of time always drink plenty of water and take regular breaks in a cool, shady spot. You should also try to not expose yourself to too much sunshine, especially on exposed parts of the body without protection. Cover up, wear a hat and use sun block. Sun burn can be debilitating and can also accelerate the onset of or exacerbate heat illnesses. Heat illness symptoms can vary but include headaches, cramps, restlessness and even vomiting and fainting. If you experience any of these symptoms:

- Get into a cool, shaded spot to bring your body temperature down
- Remove excessive clothing and fan yourself or dab yourself with a water soaked cloth
- Drink plenty of water and take rehydration salts if available
- Inform colleagues so they can monitor you and if in doubt seek medical advice

Advisory:
Heat stroke is advanced heat exhaustion and is fatal if untreated.
The victim's body temperature needs to be urgently reduced and you need medical support.



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HEALTH WISE COURSE SUMMARY

This fold up leaflet summarises the essential information from the course you have just completed. Use it with the travel health checklist in the Travel Wise handout.

It is important to remember that most serious travel health problems occur due to pre-existing conditions, even in high health risk destinations. Also, accidents account for far more medical issues with travellers than infectious diseases.

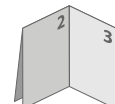
Before and during a trip consider:

- It is important to have pre-travel health checks
- Thoroughly prepare for your trip, understand the risks and take appropriate precautions
- Remember personal hygiene, especially hand washing, and food and water safety
- Have a number to call in an emergency, save this in your phone and also carry an emergency card with the details (you can use the Travel Wise checklist to record these details)
- Consider a first aid course and carry a first aid kit
- Seek advice about medical providers when abroad, standards vary enormously

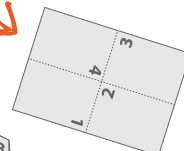
Always speak to a medical professional if you have any queries before, during or after travel.

Remember, further resources are available at:
www.betravelwise.com/resources

**Healthy travels from the
beTravelwise team and
our medical partners at
Walcote Health.**



**Keep me
handy!**

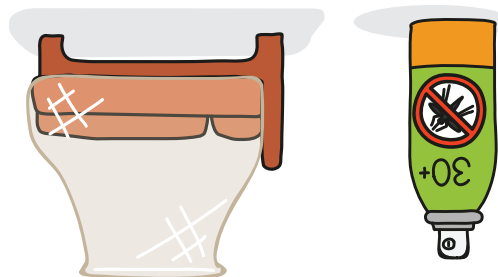


2 Insect borne diseases

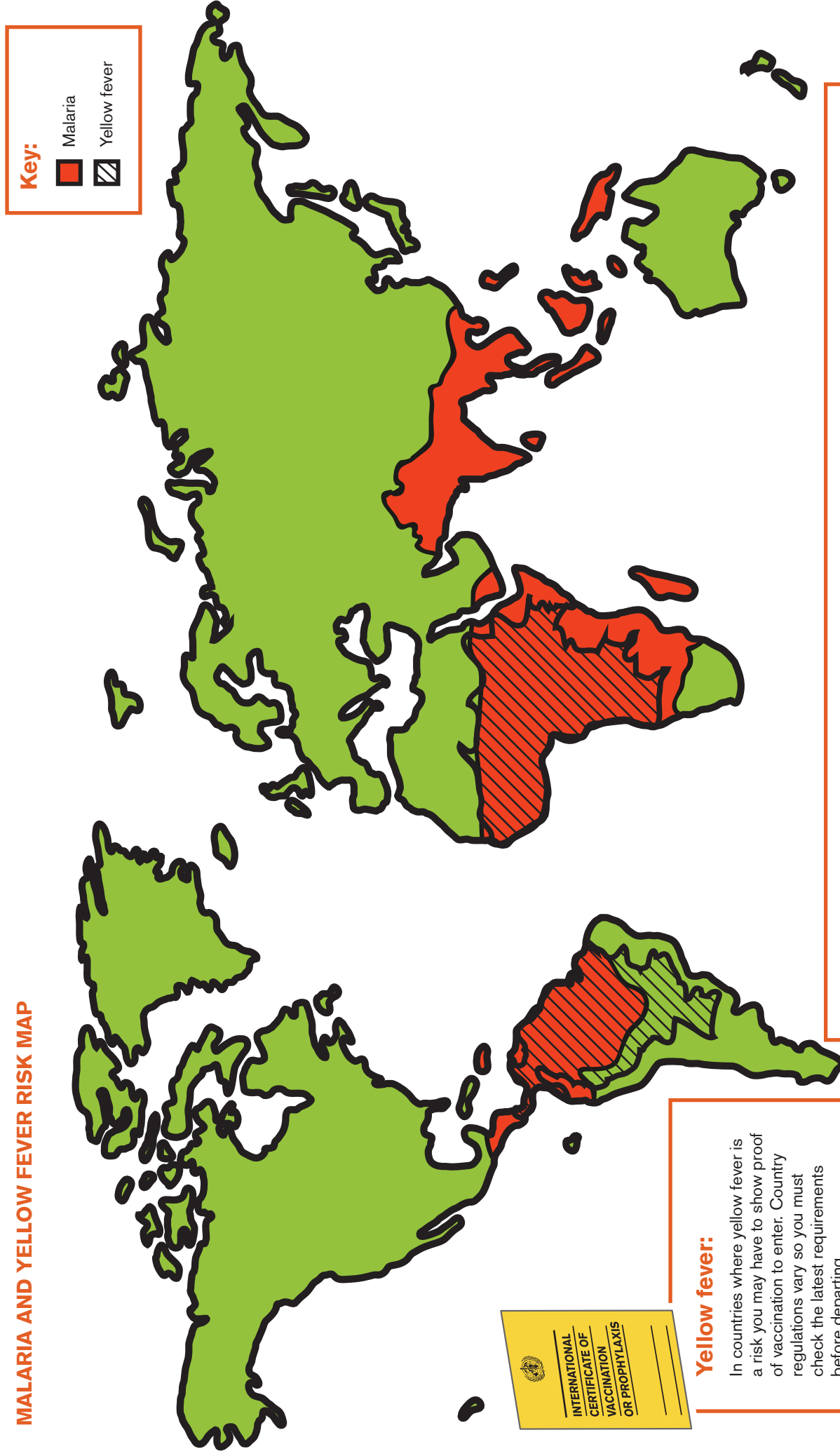
If visiting a malaria endemic area, remember the ABCD of malaria prevention. Awareness of the risks. Malaria is common in many parts of the world (see map on reverse) and can be seasonal. Bite prevention. If you aren't bitten by a mosquito you can't catch malaria. See below. Check if you need antimalarial tablets (Chemoprophylaxis). Get the right ones for you and your destination and take the complete course. Diagnosis. If you get any of the flu-like symptoms for up to a year after travel see your doctor urgently.

Bite prevention
Malaria mosquito bite from dusk to dawn, however a 24/7 bite prevention regime is sensible.

- Wear clothing that covers the skin
- Use a proven repellent (such as minimum 30% DEET)
- Close window screens if available and spray your room before you retire at night
- Use air conditioning or a fan to keep them away
- If there is a bed net, use it. Ensure that there are no gaps and tuck it under your mattress



MALARIA AND YELLOW FEVER RISK MAP



Yellow fever:

In countries where yellow fever is a risk you may have to show proof of vaccination to enter. Country regulations vary so you must check the latest requirements before departing.

The International Certificate of Vaccination or Prophylaxis (ICVP) is the official document used to prove a traveller's vaccinations.

Disease prevalence maps change over time

The information on this map was derived from leading medical expert sites in 2015. Use the map as a guide but always check government websites for the latest information before travel. Be Travel Wise Ltd cannot accept any responsibility for errors, omissions or positional accuracy.