

## Safe Travel

Most travellers have a safe and healthy trip, but there can be additional risks to consider when travelling abroad. Please read our general advice below about how to keep safe when travelling and what to consider when planning your trip.

The risks specific to your destination can be found at:

<https://travelhealthpro.org.uk/countries>

The FCDO website contains up to date security and safety issues worldwide:

<https://www.gov.uk/foreign-travel-advice>

### Traveler's diarrhea

Traveler's diarrhea is common, especially when visiting low-income countries, where food hygiene and water sanitation standards may be lower. Contaminated food and drinks, inadequately disinfected pools and poorly sanitised drinking water can all be sources of bugs that cause diarrhea.

You can reduce your risk of this by:

- Frequent hand washing and use alcohol hand gel if there are no hand washing facilities, especially after using the toilet, changing nappies and before eating or drinking
- Drinking liquids from sealed bottles or cans
- Avoiding ice made with tap water in your drinks
- Choosing meals that have been freshly prepared, thoroughly cooked and served hot
- Avoiding salad, food left out or uncovered or raw/undercooked meat and fish
- Only swimming in clean pools and avoiding ingesting swimming pool water

It is sensible to be prepared for the symptoms of diarrhea and vomiting, such as packing rehydration sachets (like dioralyte), anti-diarrheal medications and simple pain relief.

### Sunburn

If you're travelling to a sunny or warm weather destination, please ensure you enjoy the sunshine safely. Over-exposure to the sun can lead to sunburn, which can increase your risk of skin cancers. Think about packing high factor (50+) sun cream and making use of the shade at the hottest times of the day. It is also important to stay well hydrated in the heat, especially if you are consuming alcohol. If you do experience sunburn, you can consider seeking advice from a pharmacy abroad.

### Insect bites

Insect bites can lead to skin irritation and sometimes infection. In some countries insects can transmit serious diseases to humans; like in parts of the world where malaria and yellow fever are prevalent. It is sensible to wear protective clothing, such as light coloured long-sleeved tops and pants, when insects are most active at dusk and dawn, avoid using strong scented toiletries and to use insect repellent on exposed skin.

There are some additional precautions required if you are visiting areas where there is a risk of malaria or yellow fever. Check the risk in the country and region you're visiting on the NaTHNac website, to know whether you require malaria prevention treatment or yellow fever vaccination, in addition to taking the above precautions.

### Medications

It's advised to pack a simple first aid kit, including a thermometer, pain relief, antihistamines, antiseptic, gauze and dressings.

Please ensure you have your regular medications in sufficient supply for the number of days you are away and extra to account for any possible travel delays. Note that medication should be carried in its original packaging and it is advisable to take a copy of your prescription with you.

If you take a regular contraceptive, please ensure you also have adequate supply of this.

### Risk of accidents

It is important to consider that in unfamiliar surroundings there may be additional risks to personal safety, such as different traffic or road crossing regulations, activities like swimming or diving, and higher rates of thefts or muggings.

Some travellers will drink more alcohol than they usually would whilst on holiday, this may result in illness from intoxication or increase risk-taking behaviour, leaving them vulnerable to accidents or assaults.

It is important to have comprehensive travel insurance that covers you for any activities you may have planned. Please be aware that many countries do not follow a UK model of care that is free at the point of access and there may be limited resources or access to healthcare, particularly in developing countries.