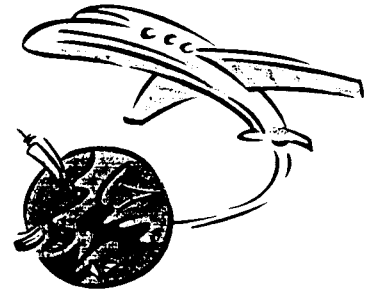


**TRAVEL
on
the
INTERNET!**

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With increased use of the internet, travel health information is available in abundance. It's always wise to use well validated sites that keep their information updated regularly. Certain recommendations for appropriate vaccines are specific to the country of the origin, therefore for this information, it is wise to use UK based sites. Have fun!

Travel related internet sites

- Fit for Travel - an NHS site written at the Scottish Centre for Infection and Environmental Health www.fitfortravel.scot.nhs.co.uk
- Department of Health (T6 booklet)
www.open.gov.uk/traveladvice
- Foreign and Commonwealth Office www.fco.gov.uk/travel/
- Department of Health Advice on Travel Related Deep Vein Thrombosis
www.doh.gov.uk/dvt/
- Yellow Fever Centres in the UK www.doh.gov.uk/public.htm
- Medical Advice Services for Travellers Abroad www.masta.org
- UK travel health site developed by a nurse - www.travelhealth.co.uk

- British Airways for information pre and during flights, fear of flying courses, fitness to fly regulations etc. www.british-airways.com/travel
- World Health Organisation - www.who.int/ith/english/risks.htm
- Centre for Disease Control in Atlanta
www.cdc.gov/travel/Index.htm
- Medicine Planet - American site which includes a medicine translator
www.medicineplanet.com
- Nomad Travellers Store www.nomadtravel.co.uk
- Safari Equipment www.safariquip.co.uk
- Homeway Medical www.travelwithcare.co.uk

Other sites of interest

- Lonely planet - www.lonelyplanet.com
- Travel Health Online - www.tripprep.com/index/html
- Tropical Medicine Bureau in Dublin - www.tmb.ie
- International Society of Travel Medicine - www.istm.org
- The Hospital for Tropical Diseases - www.thehtd.org
- Tropical Screening services - www.tropicalscreening.com
- Virgin services - www.fly.virgin.com
- The Fleet Street Travel Clinic - <http://www.fleetstreetclinic.co.uk>
- Postcards for fun! - www.postcards.org

YELLOW FEVER VACCINATION

Yellow Fever vaccination is only available at certain centres:

The nearest ones are:

LISTER MEDICAL CENTRE

Lister House
Staple Tye
Harlow
Essex CM18 7LU

Tel: 414882 **£50**

OLD HARLOW HEALTH CENTRE

Jenner House
Garden Terrace Road
Old Harlow
Essex CM17 0AX

Tel: 418136 **£56**

BARBARA CASTLE HEALTH CENTRE

Broadley Road
Harlow
Essex CM19 5SJ

Tel: 308888 **£50**

Church Langley Medical Centre

Minton Way
Church Langley
Harlow
Essex CM20

Tel: 629707 **£50**

The vaccination has few side effects and gives you protection for 10 years. You should have the injection at least 3 weeks before or after other live vaccinations. Pregnant women and children under 9 months should not receive Yellow Fever vaccine.

INSURANCE COVER

- Take out adequate insurance cover for your trip. This should possibly include medical repatriation as without it, this service if needed is extremely expensive.
- If you have any pre existing medical conditions, make sure you inform the insurance company of these details and check the small print of the policy thoroughly.
- If you travel to a European Union country, make sure you have obtained an E111 form before you travel (including a photocopy of the original form). The E111 form is in the T6 leaflet, and after completion, should be stamped at the Post Office. Additional travel insurance is still advised.

AIR TRAVEL

It is sensible on any long haul flight to

- Be comfortable in your seat
- Exercise your legs, feet and toes while sitting every half an hour or so and take short walks whenever feasible. Upper body and breathing exercises can further improve circulation
- Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration

Further information can be obtained from the Department of Health website detailed below with more specific advice and information on travel-related deep vein thrombosis.

SUN AND HEAT

Sunburn and heat-stroke cause serious problems in travellers, but in the long term can be a serious cause of skin cancer. Long term damage to the skin due to sun exposure can lead to skin cancer. There is no such thing as a safe suntan but the following advice should be taken

PRECAUTIONARY GUIDELINES.

- Increase sun exposure gradually, 20 minutes limit initially.
- Use sun blocks of appropriate adequate 'SPF' strength but a minimum of SPF 15. Children under 3 years should have a minimum SPF 25 and babies under 6 months should be kept out of the sun at all times. Reapply often and always after swimming and washing. Read manufacturer instructions
- Wear protective clothing – sunhats, T shirts and sunglasses etc.
- Avoid going out between 11am - 3pm, when the sun's rays are strongest.
- TAKE SPECIAL CARE of CHILDREN and those with pale skin/red hair.
- Drink extra fluids in a hot climate.
- Be aware that alcohol can make you dehydrated

Boots the Chemist have a useful sun factor calculator where individual details can be entered and the appropriate SPF then calculated

www.boots.com/features/feature.jsp?articleId=1002032
<http://www.cancerresearchuk.org/sunsmart/> is also very good

Interesting web site addresses:

Scottish NHS public travel site - www.fitfortravel.scot.nhs.uk

Department of Health - www.dh.gov.uk

Foreign and Commonwealth Office – www.fco.gov.uk/knowbeforeyougo

Immunisation issues – www.immunisation.nhs.uk

Malaria for the general public – www.malariahotspots.co.uk

The Foreign Office provide a travel advice information service on CEEFAX page 470 (BBC 2).

HAVE A VERY HAPPY AND HEALTHY TRIP !

REMEMBER - excessive alcohol can make you carefree and lead you to take risks you otherwise would not consider.

INSECT BITES

Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases. e.g. malaria, dengue fever, yellow fever. Some bite at night, but some during daytime.

AVOID BEING BITTEN BY:

- Covering up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear light coloured clothes, long sleeves, trousers or long skirts.
- Use insect repellents on exposed skin. (Choose those containing DEET or eucalyptus oil base. A content of approximately 35% DEET is recommended for tropical destinations.) Clothes can be sprayed with repellents too. Impregnated wrist and ankle bands are also available. Check suitability for children on the individual products.
- If room is not air conditioned, but screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, these are common breeding areas for mosquitoes etc.
- Electric insecticide vaporisers are very effective as long as there are no power failures!
- Electric buzzers, garlic and vitamin B are ineffective.

MALARIA

If you are travelling to a malarious country, the travel nurse will have given you a separate leaflet with more details, please read it.

REMEMBER, malaria is a serious and sometimes fatal disease.

ANIMAL BITES

Rabies is present in many parts of the world. If a person develops rabies, death is 100% certain. There are 3 RULES REGARDING RABIES

1. Do not touch any animal, even dogs and cats
2. If you are licked on broken skin or bitten in a country which has rabies, wash the wound thoroughly with soap and running water for 5 minutes.
3. Seek medical advice IMMEDIATELY, even if you have been previously immunised.

ACCIDENTS

Major leading causes of death in travellers are due to swimming and traffic accidents. You can help prevent them by taking the following

PRECAUTIONARY GUIDELINES

- Avoid alcohol and food before swimming
- Never dive into water where the depth is uncertain
- Only swim in safe water, check currents, sharks, jellyfish etc.
- Avoid alcohol when driving, especially at night
- Avoid hiring motorcycles and mopeds
- If hiring a car, rent a large one if possible, ensure the tyres, brakes and seat belts are in good condition
- Use reliable taxi firms, know where emergency facilities are.