



Malaria is widespread in many tropical and subtropical countries and is a serious fatal disease. You cannot be vaccinated against malaria, therefore if anti-malarial tablets are recommended, please ensure you take them correctly. Mosquitoes cause much inconvenience because of local reactions to the bites themselves and from the infections they transmit. Mosquitoes spread malaria, yellow fever, dengue and Japanese B encephalitis. Mosquitoes bite at any time of day but most bites occur in the evening.

Precautions to Take:

1. Avoid mosquito bites, especially after sunset. If you are out at night, wear long-sleeved clothing and long trousers
2. Mosquitoes may bite through thin clothing, so spray insecticide or repellent on them. Insect repellents should also be used on exposed skin.
3. Spraying insecticides in the room. Burning pyrethroid coils and heating insecticide impregnated tablets all help to control mosquitoes.
4. If sleeping in an unscreened room, or out of doors, a mosquito net (which should be impregnated with insecticide) is a sensible precaution. Portable, lightweight nets are readily available. Garlic, Vitamin B and ultrasound devices do not prevent bites.
5. Spraying insecticide or repellent should not be used for persons who have Chronic Obstructive Disease (COPD). Please speak with your nurse for advice on alternative products.

Many people travel in search of the sun, but care needs to be taken. The sun should be enjoyed, but overexposure can cause sunburn, leading to premature skin ageing and an increased risk of skin cancer. Take special precautions with children and those with pale skin/red hair. Babies under 6 months should be kept protected from the sun at all times.



Finally have a great time !

Travel



As more people now travel abroad for their holiday, please ensure that you and your family are well prepared. We want to help you enjoy your holiday and return home healthy with only good stories and photos to talk about.

Compiled by Carnoustie Medical Group and
Carnoustie Patient Participation Group
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Before You Go



Fill out the Practice travel form in as much detail as you can at least 8 weeks before travel, even if you are going to a resort in Spain or trekking the Himalayas. Then return the completed form to the Practice Reception who will pass onto the Nurse.

If you require to take any sort of medicine with you, make sure they are packed in your hand luggage in case of airport delays or lost luggage. Always carry medicines in their correctly labelled container/packet. Top Tip: Take a repeat prescription note with you giving the details of the drugs prescribed by your doctor.



Before travelling abroad ensure in addition to a valid European Health Insurance Card (EHIC) that you have adequate health insurance, to cover cost of any emergency medical treatment, including repatriation, should it be required. Many countries do not provide the same access to medical facilities and treatments as the U.K, and some have no reciprocal healthcare agreement with the U.K.

Further travel health information including advice on specific countries, travel insurance, passports and visas, medical information, laws and customs, advice for women travellers and information on what to do if something does go wrong can be found at www.fco.gov.uk and www.fitfortravel.scot.nhs.uk.



Make up a small First Aid Kit including sticking plasters, insect repellent, sun cream, antiseptic cream could be useful. Some form of rehydration sachets as well may well be useful as stomach upset is one of biggest pitfalls of foreign travel.

If you are going to take part in potentially hazardous sports such as skiing, canoeing, diving or mountaineering, follow all the relevant safety guidance; make sure that there are adequate emergency medical facilities on hand; and check that you have medical insurance which fully covers you in the event of any accident. Divers should allow 24 hours between their last dive and a flight.



While you are there



Prolonged immobility on long journeys, whether by plane, train or car, can lead to deep vein thrombosis (DVT—formation of a blood clot in the leg(s)). Move your feet around, get up and walk around regularly if you can. Avoid dehydration by taking regular non-alcoholic drinks, preferably water before and during the flight.

Children should be encouraged to avoid and mistrust any dogs, cats or other animals because of the risk of rabies and other diseases. Any bite, scratch or lick from a warm blooded, furry animal should immediately be cleaned and immediate medical assistance should be sought if the area is a known high risk (even if you have been previously immunised).



Take care on the roads as traffic accidents are the major cause of death among travellers. Always check on local traffic regulations. If you are in a car, always wear seat belts. If on a motor or pedal bike, always wear a helmet. If you hire a car or a bike, check its condition and the insurance cover. And never drink alcohol and drive.

A major cause of illness in travellers in particular is travellers' diarrhoea. Unless certain of the purity of the local water supply, stick to boiled or bottled water (checking the seals are intact before using). Avoid ice in drinks. Hot tea, coffee, beer and wine are usually safe. Peel all fruit, avoid salads and eat only cooked vegetables. Ensure that seafood, fish and meat are thoroughly cooked and eaten hot whenever possible. Avoid leftovers or food that has been left in buffets for a long time. Wash hands before eating or handling food and always after using the toilet.



HIV/AIDS along with Hepatitis B has now spread across the world. There is no vaccine or cure for AIDS. People can be infected in a number of ways including unprotected sex, through the use of infected syringes, tattooing equipment, medical or dental instruments and transfusions of infected blood. Be aware that locally purchased condoms may not be of the same quality as UK products.