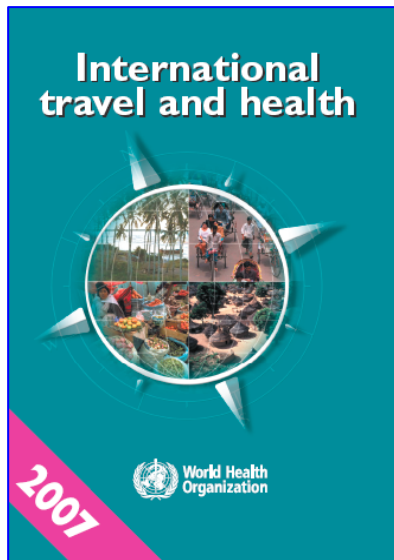


The following information was taken from the following book.....



This is an excellent publication and is available to download from

www.who.int/ith

It is published every two years, with an update on the website in the interim period.

Copies of the book can also be obtained direction from the publications section of the WHO website or probably your local book store.

ISBN no. 978 92 4 158039 7

Responsibility of the Traveller

Travellers can obtain a great deal of information and advice from medical and travel industry professionals to help prevent health problems while abroad. However, travellers must accept that they are responsible for their health and well-being while travelling and on their return. The following are the main responsibilities to be accepted by the traveller:

- the decision to travel
- recognition and acceptance of any risks involved
- seeking health advice in good time, preferably 4-8 weeks before travel
- compliance with recommended vaccinations and other prescribed medication and health measures
- careful planning before departure
- Carrying a medical kit and understanding its use
- Obtaining adequate insurance cover
- Health precautions before during and after the journey
- Responsibility for obtaining a physicians letter pertaining to any prescription medicines, syringes etc being carried
- Responsibility for the health and well-being of accompanying children
- Precautions to avoid transmitting any infectious disease to others during and after travel
- Careful reporting of any illness on return, including information about all recent travel
- Respect for the host country and its population

Checklist for the traveller

Taken from International Travel and Health

Obtain information on local conditions

Depending on destination

- Risks related to the area (urban or rural)
- Type of accommodation (hotel, camping)
- Length of stay
- Altitude
- Security problems (e.g. conflict)
- Availability of medical facilities

Prevention

Vaccination – contact the nearest travel medicine centre or a physician as early as possible, preferably 4-8 weeks before departure

Malaria – request information on malaria risk, prevention of mosquito bites, possible need for appropriate preventive medication and emergency reserves, and plan for bednet and insect repellent

Food hygiene - eat only thoroughly cooked food and drink only well sealed bottled or packaged cold drinks. Boil drinking water if safety is doubtful. If boiling is not possible, a certified well-maintained filter and/or disinfectant agent can be used.

Accidents related to

Traffic (obtain a card showing blood group before departure)

Animals (beware of snakes and rabid dogs)

Allergies (use a medical alert bracelet)

Sun (pack sunglasses and sunscreen)

Get the following check ups

Medical – obtain prescriptions for medication according to the length of stay and obtain advice from your physician on assembling a suitable medical kit

Dental

Ophthalmological – pack spare spectacles

Other according to the specific conditions (e.g. pregnancy, diabetes)

Subscribe to a medical insurance with appropriate cover abroad i.e. accident sickness medical repatriation.