

It's all about preparation!

1. Vaccinations

Vaccinations can take time to be effective. Seek advice early from a health professional, ideally at least 4 weeks in advance. However only 5-10% travel related diseases are vaccine preventable. It is important to be aware of other safety precautions - particularly for common problems.

2. Flight safety

- ✚ Wear loose comfortable clothing.
- ✚ Drink plenty of soft drinks and non caffeine, limit alcohol intake.
- ✚ Take frequent short walks around the cabin and change position regularly in your seat.
- ✚ Rest before travel and limiting activities on arrival where possible will help to minimise jet lag & tiredness.

3. Stomach upsets/Travellers diarrhoea

- ✚ Caused by contaminated food and water usually in areas where hygiene is poor.
- ✚ Use bottled, boiled or sterilised water.
- ✚ Freshly cooked food is safer than uncooked food or food that has been kept warm.
- ✚ Phrase to help you remember: Cook it, peel it or leave it out.
- ✚ Avoid ice in drinks and locally made ice creams.

4. Malaria & Insect borne diseases

Insect borne diseases can be unpleasant but can also spread some serious diseases such as malaria, yellow fever & dengue fever.

- ✚ Avoid getting bitten – use insect repellents, wear light loose clothing with long sleeves/trousers, etc..
- ✚ Remember to take anti-malarial medication as advised!

5. Sun

- ✚ Limit exposure, cover up, use sun screen
- ✚ Drink plenty of non-alcoholic drinks to prevent dehydration

6. Accidents & Crime

- ✚ Follow company procedure for internal travel within a country
- ✚ Avoid carrying/displaying valuables
- ✚ Carry a personal medical kit

7. Sexually transmitted diseases

- ✚ Unprotected sex carries a risk of serious diseases such as HIV, Chlamydia & hepatitis B.
- ✚ Always use a condom

8. Cultural differences

- ✚ Be aware of how travel can affect you - differences in climate, religious expectations, living standards, language barriers and imposed restrictions for safety or political reasons can be very stressful.
- ✚ Being away from family, friends and business colleagues can also cause anxiety.
- ✚ Remember to respect the local customs of the country you are visiting

9. Travel insurance

- ✚ Be aware of company travel insurance and what it covers.
- ✚ Be aware of company policies/procedures for emergencies abroad

10. Pregnancy

- ✚ Travel during pregnancy should be restricted.
- ✚ Specialist advice should be sought from a health professional if travel for business cannot be avoided.

This is not an exhaustive list and more detailed advice should be sought.