



## The A to Z of healthy travel

[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### Travel health information for the public

- NHS Scotland public access website.
- Country by country information.
- Immunisation and malaria advice.
- Certification requirements.
- News and outbreaks.

### Planning a trip abroad?

Check with your GP or Practice Nurse well in advance of travel (preferably 6-8 weeks) to discuss any health issues for your destination, including vaccinations and malaria tablets.

# Ten Tips for Healthy Travel

## Before Trip

**Seek** advice from a healthcare professional, ideally 6-8 weeks before travel.

**Ask** about vaccines that may be recommended for your destination (s).

**First** aid kit should be carried in the hold; prescription medicine required during travel e.g. insulin, inhalers - carry in hand luggage.

**Ensure** travel insurance covers health emergencies and repatriation.

## During Trip

**Take** precautions if at risk of malaria; be aware, avoid mosquito bites, take malaria tablets correctly if advised and report any fever.

**Road** safety is important - use the seat belt in cars, wear a helmet on bikes/scooters and avoid driving at night.

**Avoid** casual sex or practice safe sex with good quality condoms to prevent HIV and other sexually transmitted diseases.

**Verify** and consume only safe food and water where possible. Keep hands clean; carry/use sanitising gel when soap and water are not available.

**Excessive** sun exposure is damaging; limit exposure, seek shade, cover up, wear good sunglasses, use sunscreen at least SPF15.

**Leave** animals alone; bites, scratches or licks on broken skin can transmit rabies infection. Seek medical attention as soon as possible if bitten or scratched.



Health  
Protection  
Scotland



Adapted from the International Society of Travel Medicine  
'Responsible Traveller' leaflet ([www.istm.org](http://www.istm.org))