

Health Travel Tips

It is inevitable that some travellers will fall ill or meet with accidents while they are abroad. The Planet Traveller offers some carefully picked tips to ensure that your trip is a success.

Health Tips and Checklist

1 / Traveller's Health Tips Checklist

- Take out travel insurance.
- Eat and drink safely. Try not to overindulge in alcohol.
- Practice safe sex.
- Be especially aware of motor vehicles and recreational water hazards.
- Ensure your vaccines are up-to-date.
- Carry your own travellers' medical kit.
- Don't go near or touch local animals including domestic cats and dogs.
- Apply sunscreen and repellent regularly.
- If you are prescribed anti-malarial medication, take it as prescribed: prior to leaving, while in risk areas and when you return.
- Research your destination and also find out whether essentials are readily available. In some countries supplies of feminine hygiene products, nappies and contraceptives, including condoms, can be unreliable or unavailable.
- For the elderly or travellers with medical history, it may be wise to avoid travelling to places where availability of reliable medical care is not available during emergencies.

2 DEEP VEIN THROMBOSIS

Deep vein thrombosis (DVT) is a blood clot (thrombus) in a deep vein, usually in the legs. Blood clots can form in veins when you are inactive (e.g when you're in a long flight). Symptoms of DVT include swelling of the affected leg. Also, the leg may feel warm and look redder than the other leg. Prop up or elevate your leg when possible, take walks in the cabin, and wear compression socks. These measures may help reduce the pain and swelling.

3 / Travel Health & Medicine

DEHYDRATION

It is important to maintain an adequate fluid intake. Ensure that you always have enough water on hand.

EAR PAIN

Chew, yawn, suck some sweets, swallow your saliva or just pinch your nose and breathe sharply through it to feel better from the ear pain caused by the changes in air pressure during flight.

TRAVELLERS DIARRHOEA

This is a common illness that is caused by unaccustomed food and drinks, change in environment, change in the normal bacteria flora in the bowels and sometimes viral infections. Bring along carbon tablets.

MOTION SICKNESS

Motion sickness occurs when the brain receives too many and mixed movement signals from the eyes and the organs of balance in the ears. Dramamine tablet helps to prevent it.