

General Advice For Travellers



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مركز الأمراض الإنتقالية
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عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



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Introduction

While most travelers have a healthy and safe trip, some risks are relevant to travelers regardless of destination.

These may include :

- Road traffic and other accidents
- Diseases transmitted by insects or ticks
- Diseases transmitted by contaminated food and water
- Sexually transmitted infections
- Health issues related to the heat or cold..

Before travel

- Travelers requiring vaccines or malaria tablets, an appointment in travel clinic should be booked at least four to six weeks before travel.
- Travelers with pre-existing health problems, an earlier appointment is recommended, even when travel vaccines or malaria tablets are not required, as a general check-up before travel is advisable.
- Medication should be carried in its original pharmacy packaging, along with copies of prescriptions and supplies should be adequate to cope with potential travel delays.
- Travelers planning long distance travel (more than 4 hours) and at risk of venous thrombosis should consider the use compression socks and seek advice from their healthcare provider.

Prepare emergency travel kit including :

- Bandage , plaster , antiseptic solution .

During travel

Travelers should:

- Take care with food and water hygiene
- Reduce the risk of insects and ticks bites by using bite avoidance measures (cream, mosquito nets,...)
- Use shade, protective clothing, sunglasses and sunscreen to prevent sunburns.
- Take care of personal safety during travel.

After travel

Travelers returning with:

- Fever
- Diarrhea with blood
- Mental status
- Severe abdominal pain
- Jaundice or rash should seek prompt medical care.
- Those taking malaria tablets should remember to complete the course of tablets as recommended.

For further information you can check :

<http://gten.travel/trhip/trhip>.