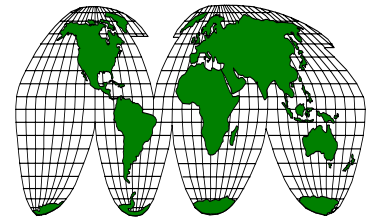


**MOSS GROVE SURGERY
TRAVEL HEALTH
NEWSLETTER**



IMMUNISATION ADVICE

Before Your Travel

Take some time to consider any potential risks in the area you are visiting and if you are pregnant or have an existing illness, seek specific advice from your Doctor.

Prevention

Make sure you have appropriate vaccinations in good time before your departure. You can be vaccinated against:

- Japanese Encephalitis.
- Hepatitis A - Booster Due 12 Months After 1st Injection.
- Tick-borne Encephalitis.
- Hepatitis B - Booster Due After 5 Years.
- Meningitis.
- Polio - Booster Due After 10 Years.
- Tetanus.
- Rabies.
- Typhoid Booster due every 3 Years.
- Yellow Fever - We are a Yellow Fever Centre. Requires Renewal Every 10 Years.
- Diphtheria.

Your Doctor or Nurse will be able to tell you which of these are advisable for your destination.

Take advice about Malaria Prophylaxis (prevention) if you are travelling to a risk area.

Diarrhoea

Diarrhoea of some kind affects a high proportion of travellers. It may simply be caused by a change in diet or be due to contaminated food or water.

Go prepared with some commercially available sachets to replace lost salts and fluids. Alternatively dissolve one level teaspoon of salt and eight of sugar in a litre of freshly boiled water, flavoured with juice if required. Continue to eat, as this shortens illness and lessens fluid loss.

Seek medical advice if:

- Blood is present in the faeces.
- Illness is accompanied by fever.
- The patient becomes confused.
- There is no improvement in 24 hours in adults or 12 hours in children in the elderly.

Accidents and Injuries

These are the major cause of serious health problems among travellers, because of:

- Ignorance of local road laws and rules.
- Riding motorcycles without a helmet.
- Increased alcohol intake.
- Poorly maintained vehicles.

Insurance

Always take out adequate travel insurance.

In Europe, FORM E111, available from the Post Office, will enable you to receive treatment in the countries of the European Union.

If you are travelling further afield, make sure your insurance is sufficient to cover the cost of being flown home in an air ambulance.

Jet Lag

This is common if you are flying across time zones. Your body may take days, even weeks, to adjust to the new day and night cycle.

To help adjust, try to include stop-overs in your travel plans. During the flight, drink plenty of fluids, but avoid alcohol, coffee and fizzy drinks. After take-off, set your watch to the time of your destination and eat, drink and sleep accordingly to the new time.

WHILE YOU'RE ABROAD

Hepatitis

Of all the vaccine-preventable diseases likely to affect travellers, Hepatitis A and B – potentially serious diseases of the liver caused by a virus – are the most significant causes of illness and death.

Hepatitis A is spread by direct contact with an infected person or by faecal contamination of food and water, so take care about what you eat and drink and where you indulge in water sports.

Hepatitis B is spread by contact with infected blood or other body fluids, for instance during medical or dental procedures with inadequately sterilised equipment, unprotected sex, body piercing or tattooing.

Sunshine

Sunburn and sunstroke may cause headache, chills, nausea and vomiting, as well as an increased risk of skin cancer. Time exposure carefully, and avoid the sun from 11.00 am to 3.00 pm. Always use appropriate strength sunblock for your skin. When necessary, cover up with long-sleeved clothing and a hat. Take special care if you have fair skin or red hair.

Medicines

Carry adequate supplies of any medicines you take regularly as it may not be possible to get more whilst you are abroad.

A simple first-aid kit will help you cope with many eventualities. If you are really roughing it in a high-risk area, think about carrying a sterile giving set for a blood transfusion.

WHILE YOU'RE TRAVELLING HEALTH CARE ADVICE

Regular Medication

Always carry medicines in your hand luggage and make sure you have an adequate supply, as it may not be possible to replace them while you are away.

If carrying prescription medicines and/or needles and syringes, it may be useful to have a letter from your Doctor.

After take-off, set your watch to the time at your destination and take your medicine according to the new time. Avoid unnecessary medical treatment whilst abroad, especially where hygiene standards may be unreliable.

Deep Vein Thrombosis

To minimise your risk of blood clots in the deep vein in the leg during any long-haul flights:

- Drink lots of fluid (avoid alcohol and fizzy drinks).
- Move around the plane regularly to exercise your leg muscles.

If you have a previous history of deep vein thrombosis, it can be advisable to wear supportive stockings – consult your Doctor.

Healthy Eating and Drinking



Take extra care with personal hygiene to minimise your risk of infectious diseases.

If you suspect that the local water is not safe, do not use it to drink, clean your teeth, wash fruit or salad or make ice cubes. Use only boiled or bottled water.

Avoid Eating:

- Unpeeled fruit.
- Home-made ice cream.
- Unpasteurised dairy products.
- Food from street traders.
- Food that has been kept warm or exposed to flies.

Safe Sex

Hepatitis B, HIV Infection (AIDS) and other sexually transmitted infections are risks in all parts of the world, to varying degrees, and can be transmitted sexually. Casual sex is risky. Always use a condom, but remember that they provide good, but not 1000% protection.

Dress

Wear clothing appropriate to the climate. Be careful not to offend local custom. In the heat it is best to wear light-coloured and loose cotton clothes. Long trousers and sleeves protect the skin and a broad-brimmed hat will protect the head and face.

Cover as much of the body as possible between dusk and dawn to avoid insect bites and avoid dark clothes in malaria risk areas.

Water Hazards

- Take care when swimming and remember that lakes and rivers may be infected.
- Ask about risks at local beaches, e.g. strong currents or rocks.
- Wear a life jacket for any water sport.
- You may need extra insurance for scuba diving (as for mountaineering or any other dangerous sport).

MALARIA

Malaria is a potentially fatal disease caused by a parasite transmitted by certain types of mosquito. The mosquito becomes infected when it bites an infected person, and then spreads the disease when it bites someone else.

Symptoms usually occur seven to 30 days after infection, though occasionally up to eight months later. They vary, but can include any feverish illness, chills, sweats, sore throat, muscle aches, tiredness, vomiting and diarrhoea.

Any feverish illness after a holiday may be malaria and you should seek medical advice. Diagnosis is usually confirmed by a blood test.

Prevention

Take appropriate anti-malaria tablets (these depend on the area you are visiting) which you can buy from a pharmacist, or may be prescribed by your GP. They are not 100% effective. You should start taking them before you leave and continue when you return. In addition:

- Apply insect repellent containing diethyltoluamide (DEET) to exposed skin.
- Wear long-sleeved clothing from dusk to dawn.
- Stay in screened areas and sleep under mosquito netting.

**Visit us and be sure that you
stay well and have a healthier holiday!**