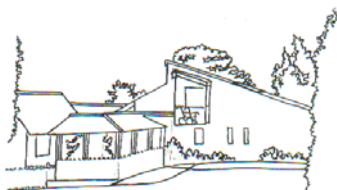


**OTHER PLACES YOU CAN OBTAIN
INDEPENDENT ADVICE ON SAFE TRAVEL:**

- ⇒ World Health Organisation: International Travel & Health:
www.who.int/ith
- ⇒ Foreign & Commonwealth Office: www.fco.gov.uk
- ⇒ Health advice for travellers - available from the Department of Health: www.dh.gov.uk/PolicyAndGuidance/HealthAdviceforTravellers/fs/en
- ⇒ Journey-specific health advice provided by Health Protection Scotland: www.fitfortravel.scot.nhs.uk
- ⇒ For travel health advice, disease prevention, DVT prevention, sun care, insurance issues and how to avoid mosquito bites: www.travelhealth.co.uk
- ⇒ Travel Healthy - Top Tips and Vaccine Preventable Diseases for Travellers, available at: www.spmsd.co.uk

Bon Voyage!



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BE PREPARED!

Frequent and unexpected trips abroad can have an impact upon health, both physical and psychological. It is important the International Business Traveller be prepared.

Employers should:

- ⇒ Have a Travel Health Policy
- ⇒ Be able to identify their overseas travellers
- ⇒ Have a specific country health assessment
- ⇒ Ensure employees' adherence to travel health policy

The Traveller should:

- ⇒ Keep all your vaccinations up to date
- ⇒ Carry a small first aid kit containing:
 - simple dressings
 - electrolyte treatments for diarrhoea
 - sun protection
 - insect bite avoidance topical applications.



COPING STRATEGIES

Jet Lag:

Tips for short trips include:

- Stay on home time throughout your trip
- Use a short acting hypnotic
- Try to ensure you have sufficient sleep
- Use eye masks, 'white sound' or ear plugs
- Keep your alcohol intake to moderate levels

Emotional Impact:

Emotional stress caused by frequent overseas trips can be minimized by using coping strategies.

These include:

- Staying in touch with the family,
- Having rituals,
- Planning properly and slowing down and
- Eating correctly and ensuring you have sufficient sleep and exercise.

Also,

- Don't deal with packing -
STAY PACKED

