

**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!

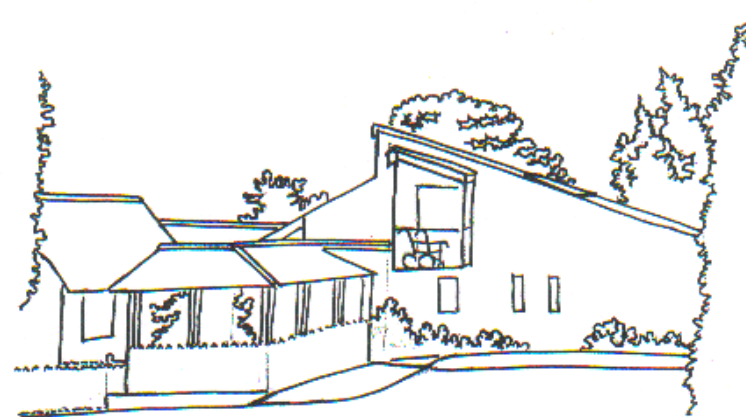


Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
Fax: 01948 860142

THE YOUNG TRAVELLER
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS



**TRAVEL CLINIC
ADVICE BOOKLET**

Tel: 01948 860205

Fax: 01948 860142



PLAN AHEAD FOR A HAPPY HOLIDAY

Well in advance of departure, careful consideration of the timing of your travel, the destination and the health risks involved is essential.

Consideration of the following is advised:

- ⇒ Check out facilities at destination before travel or on arrival. Plan how you would *medevac* in an emergency.
- ⇒ Have check ups before departure (both medical and dental). Take an adequate supply of any prescription medication and the prescription itself! Don't forget some spare glasses.
- ⇒ Are you and your children up to date with the British Schedule for immunization recommendations? If in any doubt, check with the Travel Health Nurse. Remember to bring your child's red *Child Health Record* to your appointment.
- ⇒ Take light weight, loose cotton clothes, to protect against sun and bites, wide brimmed hats and sun glasses, and light weight shoes.
- ⇒ It is a good idea to take a child's medical kit with you just in case: ask the Travel Health Nurse for her suggestions.



GENERAL CONSIDERATIONS

Safe food and water advice - Boil water, and drink non-carbonated bottled water (CAUTION: sodium content should not exceed 35mg/100ml).

Diarrhoea - There is a rapid onset in children and a great danger of dehydration. Take plenty of fluids and rehydration sachets. Seek medical advice if you see any danger signs such as sunken eyes, drowsiness, passing little urine, fever, or blood in stool.

Anti mosquito bite measures - Fever is a common ailment abroad and there are many causes of it, but if in a malarious area assume it is malaria. Seek immediate advice and blood film. Malaria is a medical emergency, especially in children.

Accident prevention - Cuts, sores and insect bites can easily become infected in a humid climate. Keep the wound dry and clean and use antibiotics if infected. Potassium permanganate is a good drying antiseptic. Keep in mind the risk from dirty needles / blood borne diseases.

Safety in the sun - Children are particularly vulnerable to sunburn. If it happens, use a cold compress, Calamine and Paracetamol. For Prickly Heat bathe in cool water, apply Calamine, wear loose clothing and stay in the shade.

Avoid animals - If your child is bitten, clean the wound with soap under running water, use antiseptic and get medical help: rabies is a danger.