

INFORMATION FOR TRAVELLERS

The Department of Health publishes 'Before you go. The Travellers guide to Health'. Phone 0800 555777 to get a free copy.

The Hospital for Tropical Diseases in London has an up to date information service for all tropical and third world countries. Tel: Healthline 01839 337733 for more information.

WATER

Many travel illnesses, especially diarrhoea, are spread by contaminated water.

- Drinking: Avoid drinking tap water, or using it to brush your teeth. Avoid ice in your drinks. Drink bottled water or boiled water. You can buy steriliser tablets from chemists to make a clean supply of water.
- Food: If you haven't cooked it, boiled it, or peeled it yourself, your food may be contaminated. At least ensure that you eat fruit that you peel yourself and that all food is well cooked.
- Bathing: Swimming in fresh water lakes and rivers in Africa often causes a disease called schistosomiasis.

INSECT BITES

In addition to the bite, insects, especially mosquitoes, can spread malaria and yellow fever. Mosquitoes normally bite between dusk and dawn. Wear long sleeved, long legged clothing at night, avoid wearing dark colours. Sleep in screened rooms or with a mosquito net (impregnated with permethrin). Use a knockdown fly spray to kill mosquitoes that may have entered the room during the day. Use repellents like diethyl toluamide (DEET) on exposed skin. Use anti mosquito sprays or coils in bedrooms at night.

SUN

Avoid the midday sun! Wear a hat! Use sun creams with a high protection factor!

HIV (AIDS) VIRUS AND HEPATITIS B

The biggest risk is sexual contact. Abstain or use condoms!

MALARIA

Antimalarial tablets do not give complete protection. If you develop a 'flu like' illness consult a doctor and ask 'Could this be malaria?'

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**PRIVATE PRESCRIPTION FOR ANTIMALARIALS FOR FOREIGN TRAVEL
PHARMACIST - PLEASE SUPPLY THE FOLLOWING ANTIMALARIAL TABLETS**

Name: _____ Address: _____

for _____ weeks

One tablet weekly of MALAPRIM or MEFLOQUINE. and/or
Two tablets weekly of CHLOROQUINE BASE (150 mg). and/or
Two tablets daily of PROGUANIL.

It is advisable that antimalarial treatment is taken from at least one week before departure until FOUR WEEKS after return. If you use mefloquine, start using it at least two weeks before you go to make sure you do not have any side effects which might ruin your trip.

SIGNED

DATE

PRACTICE STAMP