

# Tips for travelers

## Before your trip

### Vaccinations and medicines

The International Travel and Immunization Clinics or your family doctor will advise you about what vaccinations are required. Plan early, get vaccinated in time and complete the full course before you travel.

### What do you need to take with you?

To prevent malaria and other mosquito-borne diseases (Zika, chikungunya, dengue, yellow fever, etc.), insect repellents, mosquito nets and protective clothing (long pants, long-sleeved shirts) are essential.

It is advisable to take a cell phone and accessories with you as well as an extra pair of glasses. Take a first aid kit with gauze pads, anti-diarrheal medicine, analgesics, iodine, oral rehydration solution, and enough of any personal medications to last your entire trip.

## During the trip

**Basic hygiene rules:** wash your hands before every meal; stay away from unpeeled fruits or any that are not peeled by you, avoid eating raw vegetables, meat or fish and ice cream from street vendors; always drink bottled water and avoid ice cubes. Hot drinks are usually safe.

If you get traveler's diarrhea, which is quite common among travelers, stick to a bland diet and stay well hydrated (fluids with sugar and salts). If you have a high fever (38°C or 100°F), see a doctor. If you need to take antibiotics and/or anti-diarrheal agent, take them exactly as the doctor instructs.

Parasitic infections can be spread by bathing in freshwater rivers or lakes. To prevent infections, wear waterproof boots or shoes.

Always wear shoes outside and avoid shady places.

Avoid exposure to the sun: wear a hat, sunglasses and apply sunscreen every 2 hours.

Use of condoms is the most effective way to prevent sexually transmitted diseases.

Do not share needles, syringes, razor blades or toothbrushes as they may be contaminated. Do not get any body piercings or tattoos.

## After your return

Some tropical diseases may not appear until well after you have returned. If you have any symptoms like fever, diarrhea, sweating or chills, see a doctor and let him or her know where you have been during the last 12 months.

