

Tips for travellers

Before your trip

Plan your vaccinations and prophylaxis at least 3 months in advance. You can enquire at your primary care centre or at [international health centres](#).

What should you take with you?

- **Prevention of mosquito bites:** Repellents containing DEET, icaridin or IR3535. Apply sun cream first, followed by the repellent. Light-coloured long-sleeved tops and long trousers. Mosquito net (in countries where malaria is present).
- **First-aid kit:** gauze, anti-diarrhoea medication, painkillers, tweezers, a thermometer and oral rehydration salts. Also take your usual medication for the entire duration of the trip plus a further 15 days. Carry it in your hand luggage along with a copy of the prescription or a medical report.
- **Equipment:** mobile phone and chargers, power banks, torch, batteries, small radio and spare glasses.
- **Paper and digital documents:** passport and other identity documents, international vaccination certificate, travel medical insurance, relevant medical reports, contact details of an emergency contact, bank card and cash in the recommended amount.

During the trip

Prevention, hygiene and diet

- **Wash your hands** frequently before eating and after using the toilet.
- Carry **hand sanitiser** for when you cannot wash your hands.
- Avoid pre-peeled fruit, raw vegetables, raw meat or fish, and ice cream sold on the street.
- Drink bottled water and avoid ice cubes.
- Avoid swimming in freshwater lakes and rivers due to the risk of infection.
- Avoid contact with **animals**, particularly dogs, cats, monkeys and bats. In the event of a [bite](#) or scratch, wash the wound with soap and water for at least 15 minutes and seek medical advice at a health centre.
- Wear suitable footwear and avoid walking barefoot.
- **Protect yourself from the sun:** wear a hat and sunglasses, and **apply sun cream regularly**.
- Condoms are the most effective method of preventing [sexually transmitted infections](#).

- Do not use needles, syringes, razor blades or toothbrushes that do not belong to you.
- Avoid getting [piercings](#) and/or [tattoos](#) whilst travelling.
- Accidents are the most common cause of death amongst travellers: obey the traffic regulations, avoid driving at night, wear a helmet and a seatbelt, and book adventure activities with accredited operators.

Common health problems

- Traveller's [diarrhoea](#) is common. Eat light meals and drink water and oral rehydration salts.
- If you have a fever, consult a doctor.

On your return

Complete the recommended vaccination schedule and take any necessary prophylaxis. Some tropical diseases may not manifest until some time after your return. If you have a fever, diarrhoea, sweating or skin lesions, consult a health centre and report all countries visited in the last 12 months at the very least.

Respect for the environment

Respect the culture, customs and local population, as well as the environment and waste management.

To find out more

See the patient information sheets on [Traveller's diarrhoea](#), [Pregnancy and travel](#), [Altitude sickness](#), Warning signs after a trip, and Economy class syndrome.

