

Warning signs after returning from a trip

If you feel unwell in the weeks following your return from a trip, it is advisable to see your doctor, particularly:

- If you have a fever or low-grade fever, persistent diarrhoea (lasting more than two weeks), bleeding, jaundice (yellowing of the skin), neurological symptoms (confusion, seizures, behavioural changes), urinary or genital problems, or skin problems.
- If you think you may have been exposed to a disease whilst travelling, or if you have had unprotected sex.
- If you have spent more than 3 months in a tropical area or in a low- or middle-income country.

Some tropical diseases may not appear until some time after your return. If you need to see a doctor, you should inform them that you have travelled in the last 12 months, specifying the country, the duration and the circumstances of your trip.

Bear in mind that some vaccines and medicines (such as malaria prophylaxis) do not provide complete protection against the risk of contracting these diseases.

Fever, bloody diarrhoea and bleeding may be symptoms of potentially serious illnesses.

Fever

If you have a fever upon returning from a tropical region, you should be assessed by a doctor.

Diarrhoea

This is the most common symptom among international travellers.

In most cases, it is harmless and is caused by consuming contaminated food or drink.

Consult your doctor if it is accompanied by severe abdominal pain, fever, stools containing mucus or blood, or if the diarrhoea lasts for more than 2 weeks.

Bleeding

See your doctor if you experience bleeding on the skin or elsewhere.

Jaundice

See your doctor if your skin or the whites of your eyes take on a yellowish tinge.

Neurological symptoms

See your doctor if you notice changes in behaviour, confusion or seizures.

Urinary and genital symptoms

See your doctor if you have urethral or vaginal discharge, blood in your urine and/or genital ulcers.

Skin problems

See your doctor if you notice any skin changes after returning from a trip.

