

## STI's & Drug and Alcohol Risks

STIs include Hepatitis, Chlamydia, Gonorrhoea, and Syphilis. Using condoms significantly reduces your risks. If you are at high risk we provide Hepatitis B vaccines and prophylactic medication for HIV.

Hepatitis B&C and HIV are also transmitted through sharing needles (including tattoos, acupuncture, blood transfusions and dental or surgical procedures in some countries) Alcohol and drug use can increase risky behaviours.

### **Know what is legal and what is risky.**

Consider the risks of accidents related to your transport and activities.

## Travellers Medical Kit

We recommend that your medical kit includes:

- Regular medications (consider 2 sets in 2 different bags i.e carry on and checked)
- Pain medications - Aspirin/Panadol/Nurofen
- Dressings & bandages
- Antiseptic cream or lotion
- A strong insect repellent i.e tropical strength
- Sunscreen
- Antihistamines +/- Steroid cream (for itches and bites)
- Nausea & Diarrhea medications e.g Maxolon Stemetil, oral rehydration (Gastrolyte/Hydrolyte) Loperamide, probiotics and if indicated antibiotics (Azithromycin or Rifaximin)
- Antibiotics (if high risk of infections e.g UTI)
- Anti-fungals (Tinea or Thrush, if prone)
- Tick removal (Liquid N i.e Wartoff for high risk activities)

**Take copies of your health summary and medications, and your vaccination book.**

## Traveller Insurance

**It is important to arrange travel insurance before you book your travel.**

Ensure you leave an itinerary and copies of all documents with your emergency contact.

## Travel Vaccines

**Vaccines (immunisations) are a safe and important part of caring for your health.**

Some countries will require proof of vaccinations. We can provide a **Travel Vaccination Book**. Some immunisations only require one dose while others require several doses over weeks or months. Many vaccines provide years, if not life-long, protection and some require regular updates.

Your previous immunisations such as Whooping Cough-Tetanus-Diphtheria, Polio, Measles-Mumps-Rubella, Hepatitis A & B and Influenza will need to be assessed as to whether they need to be updated before you travel.

### Vaccination prices (subject to change)

Hepatitis A	Child	\$50
	Adult	\$70
Hepatitis B		\$25
Hepatitis A & B	Adult	\$85
Typhoid		\$60
Hep A-Typhoid		\$170
ADT		\$45
ADT-Polio		\$70
Flu		\$20
Chickenpox		\$65
Yellow Fever		\$105

Typhoid ( oral ) and Japanese Encephalitis are available as scripts

**Please note travel vaccinations are NOT available during our regular Immunisation Clinics.**

## Useful Resources

[smartraveller.gov.au](http://smartraveller.gov.au) (Lodge your itinerary, if traveling alone or to high risk areas)

[wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) (Center Disease Control)



MEDICAL CENTRE

# TRAVELLING OVERSEAS?



**Book a travel consultation with your doctor.**

## Your Travel Consultation

Your doctor will assist to prepare for your trip by:

- Providing expert advice on your health risks in the countries you are visiting, including vaccines and any other medications you may need.
- Advising on other ways to prevent specific diseases and minimise risks while travelling.
- Providing a travel health assessment and ensuring that you have scripts, a health & medication summary, and a vaccination immunisation program and a letter for customs if required.

## How to Book

Call Harding Street on 9384 1321 and ask to book a double appointment for a travel consultation. If coming as a couple or family you will require extra time. Please mention this when booking the consultation.

**If possible please see your doctor at least 6 weeks before your trip as some vaccinations require injections over time.**

## What to Bring

Please bring an itinerary detailing the countries and areas you will be visiting. A colour copy of the main page of your passport may be helpful in case you need your doctor to certify it.

## Consultation Costs

Travel consultations attract a medicare rebate. The out-of-pocket cost for a travel consultation is the same as our normal double consultation. Vaccinations are an extra cost - please see the price list at the end of this brochure. Some vaccine costs may be reimbursed by your private health insurance, be tax-deductible or paid by your employer if work or study related.

## Health Tips When Travelling

### Prevent Mosquito, Insect and Animal related diseases

Mosquito bites in some countries carry the risk of Malaria (prophylactic medications available), Zika, Dengue, Chikungunya, Japanese encephalitis (vaccine available), Yellow fever (vaccine available) and other rarer diseases. Bites can also have allergic reactions and get infected.

### Avoid Insect and Animal bites!

#### Avoid mosquito bites by

- wearing light coloured clothing especially between dusk to dawn
- use effective repellants eg tropical strength - remember mozzies's love your feet, ankle neck and wrists
- if possible stay in AC rooms or use a bed net and fan
- make yourself less attractive to mozzies. Beer and sweat attract mosquitos. Australian lemon eucalyptus oil (Repel/ Bug shield etc) repels.
- remove, if possible, containers of standing water near your accommodation

**Avoid animal bites** and being licked scratched or your skin being in contact with animal faeces as these can lead to a number of infections including parasites and Rabies.

**Avoid Ticks bites** which can also cause serious infections. Removal of ticks by freezing is preferable.

### Food & Water Safety

**Infections from unclean water and food can cause infections that can spoil your trip.**

Travellers diarrhea, typhoid, cholera, polio and Hepatitis A & E can be avoided by taking precautions with food, water and personal hygiene.

Some food and water borne diseases are preventable by vaccines including:

- Cholera (oral medicine)
- Hepatitis A (one month prior to trip and repeat 6)
- Polio (single injection only if required)
- Typhoid (injection or 3 oral tablets)-lasts 3yrs.

### Avoid Traveller's Diarrhea & Food Poisoning

The general rule is

**'open it, cook it, peel it or forget it'**

- Wash your hands after toileting and before you put anything in your mouth!
- Select well cooked, freshly prepared food served hot. Avoid precooked reheated food
- Avoid raw or rare foods including seafood, chicken & meat
- Avoid sampling food from street stalls or markets
- Be careful of unpasteurised dairy from unreliable sources
- Drink bottled or purified water (even to brush your teeth!) and avoid ice

### Managing Traveller's Diarrhea

Symptoms of diarrhea, stomach cramps, nausea and often vomiting usually are mild and last 1-2 days.

The most important treatment is oral rehydration i.e gastrolyte or hydrolyte or if unavailable 1/2 lemonade- water.

Consider medications if > 6-8 hours and /or severe but be aware they may prolong infections. Anti diarrhea medications should NOT be used in pregnant women, children and if diarrhea is bloody. Consult a doctor if severe gastro, high fevers, dehydration, bloody diarrhea or duration > 3 days. Antibiotics are rarely required.

### Avoid air-borne diseases

As well as colds and flus other diseases can be transmitted by exposure to coughing and sneezing including Meningitis, Diphtheria and Tuberculosis. Avoid sick people when possible and wash your hands before preparing or eating food. Washing hands and saline sinus/nose washes during and after enclosed trips ie planes & transport may assist.