

Travel health infographics

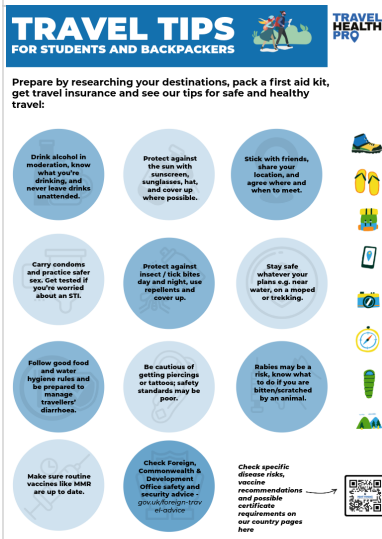
Topical infographics offering essential travel health tips and advice for safe and enjoyable trips

NaTHNaC have produced a series of topical infographics for travellers, travel health professionals, the travel industry and any other organisations that advise travellers.

Designed to visually engage travellers and focusing on key points to provide essential soundbites for safe and healthy travel, these infographics cover a range forthcoming international events. They include advice to help prevent common travel-related infections and travel tips to ensure travellers have a trip that is memorable for all the right reasons.

Clinics and the travel industry may find them a useful tool to help disseminate information to travellers and a helpful social media resource.

Travel Tips for Students and Backpackers



TRAVEL TIPS FOR STUDENTS AND BACKPACKERS

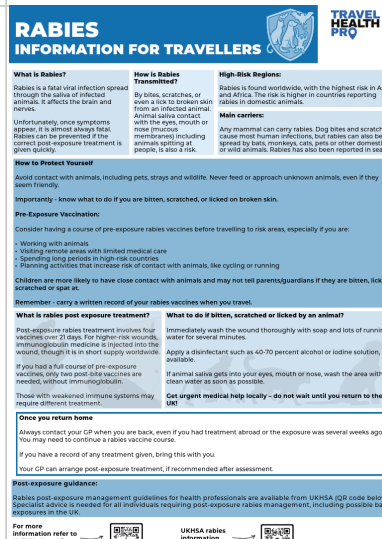
Prepare by researching your destinations, pack a first aid kit, get travel insurance and see our tips for safe and healthy travel:

- Drink alcohol in moderation, know what you're drinking, and never leave drinks unattended.
- Protect against the sun with sunscreen, sunglasses, hat, and cover up where possible.
- Stick with friends, share your location, and agree where and when to meet.
- Carry condoms and practice safer sex. Get tested if you're worried about an STI.
- Protect against insect / tick bites day and night, use repellents and cover up.
- Stay safe whatever your plans: up, near water, on a moped or trekking.
- Follow good food and water hygiene rules and be prepared to manage travellers' diarrhoea.
- Be cautious of getting piercings or tattoos; safety standards may be poor.
- Rabies may be a risk, know what to do if you are bitten/scratched by an animal.
- Make sure routine vaccines like MMR are up to date.
- Check Foreign, Commonwealth & Development Office safety and security advice - gov.uk/foreign-travel-advice
- Check specific disease risks, vaccine requirements and possible certificate requirements on our country pages here

Get urgent medical help if you have a fever and/or a flu like illness. If you are back in the UK remember to tell your doctor or nurse which countries you have recently visited

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Rabies information for travellers



RABIES INFORMATION FOR TRAVELLERS

What is Rabies?
Rabies is a fatal viral infection spread through the saliva of infected animals. It affects the brain and nerves.
Unfortunately, once symptoms appear, it is almost always fatal. Rabies can be prevented if the correct post-exposure treatment is given quickly.

How is Rabies Transmitted?
By bites, scratches, or even a lick to broken skin from an infected animal. Animal saliva contact with the eyes, mouth or nose (mucous membranes) including animals spitting at people, is also a risk.

High-Risk Regions
Rabies is found worldwide, with the highest risk in Asia and Africa. The risk is higher in countries reporting rabies in domestic animals.

Main carriers
Any mammal can carry rabies. Dog bites and scratches cause most human infections, but rabies can also be spread by bats, monkeys, cats, pigs or other domestic or wild animals. Rabies has also been reported in seals.

How to Protect Yourself
Avoid contact with animals, including pets, strays and wildlife. Never feed or approach unknown animals, even if they seem friendly.
Importantly - know what to do if you are bitten, scratched, or licked on broken skin.

Pre-Exposure Vaccination:
Consider having a course of pre-exposure rabies vaccines before travelling to risk areas, especially if you are:
- Working with animals
- Working remote areas with limited medical care
- Spending long periods in high-risk countries
- Planning activities that increase risk of contact with animals, like cycling or running
Children are more likely to have close contact with animals and may not tell parents/guardians if they are bitten, licked, scratched or spat at.

Remember - carry a written record of your rabies vaccines when you travel.

What is rabies post-exposure treatment?
Post-exposure rabies treatment involves four vaccines over 21 days. For higher-risk wounds, immunoglobulin medicine is injected into the wound, though it is in short supply worldwide.
If you had a full course of pre-exposure vaccines, only two post-bite vaccines are needed, without immunoglobulin.
Those with weakened immune systems may require different treatment.

What to do if bitten, scratched or licked by an animal?
Immediately wash the wound thoroughly with soap and lots of running water for several minutes.
Apply a disinfectant such as 40-70 percent alcohol or iodine solution, if available.
If animal saliva gets into your eyes, mouth or nose, wash the area with clean water as soon as possible.
Get urgent medical help locally - do not wait until you return to the UK!

Once you return home
Always contact your GP when you are back, even if you had treatment abroad or the exposure was several weeks ago. You may need to continue a rabies vaccine course.
If you have a record of any treatment given, bring this with you.
Your GP can arrange post-exposure treatment, if recommended after assessment.

Post-exposure guidance:
Rabies post-exposure management guidelines for health professionals are available from UKHSA (QR code below). Specialised advice is needed for all individuals requiring post-exposure rabies management, including possible but exposures in the UK.

For more information refer to factsheet

Check if rabies is present in animals at your destination by visiting the [TravelHealthPro](#) country information pages.

UKHSA rabies information for travellers

UKHSA post-exposure management guidelines for health professionals

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Food and Water Hygiene

TRAVEL TIPS

FOOD AND WATER HYGIENE

Many travel related tummy bugs are spread by eating or drinking food/drinks contaminated with human faeces (poop)

To protect yourself and your family abroad, follow good food and water hygiene rules at all times, even if you are staying in a high-end, all-inclusive hotel resort:

Respect local food customs, but remain cautious about food safety

Avoid ice in drinks and make sure you only drink bottled or treated water

Brush your teeth with bottled water instead of tap water

Choose cartons and bottled juices over fresh fruit juices, which can pose health risks

Avoid fresh uncooked berries/unpeeled fruit, salads and herbs unless you are sure they have been washed in safe water

Choose pasteurised dairy products, like yogurt, which are usually safe

Choose freshly prepared, thoroughly cooked food served piping hot

Wash your hands with clean water and soap, or use hand sanitizer if unavailable

Visiting friends and family abroad may increase your exposure to local health risks. Check UK Health Security Agency for advice

If you are unwell, drink plenty of safe fluids. If you have diarrhoea with a fever and/or blood, seek urgent medical help

Check our Country Information pages for travel health advice and recommended vaccines for your destination

Useful links:

Travellers' diarrhoea factsheet

See our advice for food and water hygiene

UK Health Security Agency for advice for visiting family and friends abroad

Clinical and travel guidance on Cyclospora

When you get home if you have long-term symptoms like bloating, cramps, diarrhoea, sickness, loss of appetite, with weight loss, see a health professional as soon as possible. Tell them you travelled abroad recently and remember to mention every country you visited.

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Medicines

TRAVEL TIPS

TRAVELLING WITH MEDICINES

Different countries have rules on medicines you can bring or use. Some over-the-counter United Kingdom (UK) medicines may be illegal abroad. Check your destination's regulations before travelling by contacting their UK embassy or high commission. Avoid complications by preparing ahead.

Follow our key guidelines for safely managing your medicines abroad, wherever your destination:

PREPARE EARLY

Always allow plenty of time to prepare. This gives you a chance to check medicine supplies, get prescriptions updated (if necessary) and time to check any potentially restricted medicines at your destination before you go.

MEDICAL CHECK-UP

A check-up with your GP surgery or specialist is recommended before you go. This ensures your medicine is still right for you and that you have a good supply - always carry a little extra in case of delays.

CARRY DOCUMENTATION

If you are travelling with prescribed medicines, carry copies of prescriptions and a letter from your prescriber (usually a doctor), with a list of 'generic' (proper drug, not brand) medicine names.

KEEP IN ORIGINAL PACKAGING

Keep all medicines, including any you bought 'over the counter' in its original packaging in your hand luggage.

AVOID COUNTERFEIT (FAKE) DRUGS

Counterfeit (fake) medicines are more common in some parts of the world. If you do need to get medicine abroad, always consult a recognised pharmacy or health care provider.

For more information refer to NaTHNaC's Travelling with Medicines factsheet

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Snake Bite Avoidance

TRAVEL TIPS

SNAKE BITE AVOIDANCE

Visiting an exotic destination or planning an adventure holiday? Travelling to remote rural areas, especially if you are trekking, increases your chance of contact with local wildlife, including snakes.

Follow our guide to help you have a safe trip:

Be aware that snakes may be more common in rural areas, especially around lakes, rivers and streams

Be alert to the behaviour of any snakes you come across and try to keep your distance

Always wear appropriate footwear, such as boots in forests, jungles, grasslands and when crossing sand dunes - never wear sandals or go barefoot

Always shake out boots, clothes and sleeping bags

Always check the base of bushes, trees and roots with a stick before you sit down

Always use a torch at night as snakes often hunt at night

Be cautious after rain - when snakes may be more likely to come above ground

Sleep under a mosquito net tucked under your mattress or sleeping bag - always clear under hammocks to avoid stepping on plants/undergrowth

Never disturb or interfere with any snake and definitely do not try to pick it up

Avoid putting your hands into holes or cracks and never poke them with sticks, as this could disturb a resting snake - make sure you can always see your hands if rock climbing

Never put your hands blindly into a bag or rucksack. Empty out the contents and check them before touching anything

Never shake trees as this can dislodge snakes

Be careful if climbing trees - snakes can camouflage themselves when hiding and do not like being disturbed

Do not swim in water covered with dead leaves, bark or plant litter, which might be hiding snakes

If someone kills a snake, never handle it - some poisonous snakes can still bite after death

WHAT TO DO IF BITTEN

Seek Medical Attention Immediately

- If bitten, go to the nearest hospital/clinic as soon as possible and ask them to contact a poisons centre if one is available.
- If a snake has spat venom into your eyes, splash your eyes with plenty of water.
- Remove any jewellery or constricting clothing from the bite site.
- Minimise movement of the bitten limb as it is still and at or below heart level.
- Avoid interfering with the bite site - do not cut, suck, or apply a tourniquet.

NOTE:

Not all countries have accessible poisons centres, so ensure you know the location of nearby medical facilities.

In some regions, traditional remedies may be common, but seeking professional medical help is the safest response.

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REFERENCES

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