

## England cricket tour of India 2016 - 2017

Matches take place in eleven different locations throughout India



*Image provided by NHS Photo Library*

England's cricket team is touring India from November 2016 to February 2017. Matches are taking place in eleven different locations throughout India. The first match took place in Rajkot, Gujarat on 9th November 2016. Other match locations include: Visakhapatnam, Mohali, Mumbai, Chennai, Pune, Cuttack, Kolkata, Kanpur, Nagpur and Bangalore (Bengaluru).

[Full details of the schedule are available here.](#)

### Before travel

#### Do your research!

Check the [FCO website](#) – see their India travel advice for current information on local customs, safety and security.

#### Vaccines and malaria

See a doctor, nurse or pharmacist soon as possible for information on vaccines and malaria. A last minute consultation is still helpful, as vaccines and antimalarial tablets can be given just before travel.

Recommended vaccines for India include hepatitis A and typhoid. Depending on your planned activities, other vaccines may also be recommended. Check your routine UK vaccines are in date, as you may need a booster dose of the combined diphtheria, tetanus and polio vaccine.

Crowded conditions increase the risk of exposure to respiratory infections. Travellers in clinical risk groups should be offered seasonal flu vaccine.

Antimalarial tablets may be needed to prevent [malaria](#). This depends on your medical history and which regions of India you plan to visit.

Remember to tell your healthcare provider about **ALL** your travel plans and declare any health problems you have.

### Travel health insurance

India and the UK do not have a reciprocal health care agreement. Get comprehensive travel health insurance (including cover for medical evacuation) and remember to declare any medical conditions.

### Medicines

Take good supply of any regular medicines as they may not be easily available. See our factsheet: [Medicines Abroad](#) for more advice.

### First aid kits

You may want to carry a kit of first aid essentials, including sunscreen, painkillers, antiseptic, insect repellent and anti-diarrhoea tablets.

### During travel

#### Food and water hygiene

Diarrhoea is common, so follow [food and water hygiene precautions](#) carefully. Avoid dehydration by drinking plenty of water from a safe source and consider buying diarrhoea self-treatment medicine from a UK chemist before travel. Symptoms such as bloody diarrhoea, fever and inability to keep any fluids down need urgent medical help.

#### Insect bites

Insect spread diseases spread like [chikungunya](#), [dengue](#) and [malaria](#) are a risk in India. Follow good insect bite avoidance measures day and night: use insect repellents, cover up and sleep under an intact mosquito net if not staying in air-conditioned accommodation.

#### Medical care

Private hospitals will not usually treat you without proof that you can pay. Remember to contact your insurance/medical assistance company promptly if you are admitted to a clinic or hospital.

### Rabies

Rabies is a risk in India - avoid contact with all animals, especially dogs. Seek urgent medical help and post-exposure rabies vaccine if bitten, scratched, or licked on an open wound, even if pre-exposure vaccine was given before travel.

### Safety and security

Avoid travelling alone, especially after dark. Be mindful of personal safety and surroundings at all times, be alert to overcrowding and opportunistic crime.

Be aware of local traffic patterns, especially when walking and cycling. If you are planning to drive, remember traffic rules and road conditions may be different to European standards. Try to avoid driving at night and on rural roads.

Conditions, especially on buses and trains are likely to be crowded.

Never swim after drinking alcohol or taking drugs, check water depth before jumping or diving into a pool and get local advice about currents and tides before swimming in the sea.

Excess alcohol can reduce inhibitions and increase the chance of unsafe behaviour.

### Sex, body piercing and tattoo risks

Risky behaviour such as body piercing, tattooing and unprotected sex should be avoided as there is a risk of exposure to blood borne viruses like hepatitis B and HIV.

### Sun protection

Try to keep cool, seek shade, drink plenty of water and avoid excessive alcohol. Try to limit exposure; reapply SPF 30 + (UVA/UVB) sunscreen frequently, wear sunglasses, a hat and protective clothes.

### After travel

Symptoms, such as fever, flu-like illness, or persistent diarrhoea need immediate medical attention. Remember to tell your doctor you have visited India. If you travelled to high risk malaria areas, an urgent malaria test must be arranged. This is important, even if you took antimalarial tablets and have been home a while.

Returned travellers concerned about HIV or other sexually transmitted infections can visit a [sexual health clinic](#) for confidential advice and support.

### Resources

- [British High Commission New Delhi: Travel Advice: England cricket team tour to India](#)
- [English Cricket Board](#)
- [Insect and tick bite avoidance](#)
- [Personal safety](#)
- [Sun protection](#)

## REFERENCES

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