

28 Nov 2018

## Planning a winter sun holiday?

### Follow our advice for a safe and enjoyable trip

Whatever your travel plans [comprehensive travel insurance](#) is essential. Be aware of [personal safety](#) especially in crowds, around water and while using transport.

See our [Country Information](#) pages for specific advice about diseases and other potential risks at your destination, including malaria and yellow fever.

You may need a [yellow fever vaccine](#) to protect you from this serious and potentially fatal virus, which is spread by mosquitoes, even if the country you are visiting does not ask for a [yellow fever vaccine certificate](#).

Malaria is also spread by mosquitoes: [avoid insect bites](#) whenever possible and, if recommended, take malaria tablets.

Make an appointment with your travel health advisor as soon as you know you are travelling (last minute advice is still helpful) and remember to tell them all the countries you are visiting.

Prolonged sun exposure can damage skin, so use appropriate [sun protection](#).

Carrying a suitable [first aid kit](#) is recommended. Be familiar with the contents and make sure it suits your destination and activities. Remember to take supplies of any usual medication - see our factsheet on [travelling with medicines](#).

Contaminated food and water can transmit different infectious diseases, so find out the risks are at your destination before you travel. Check out our [food and water hygiene factsheet](#) and be ready to treat travellers' diarrhoea. Pack appropriate over-the-counter remedies, read our [travellers' diarrhoea factsheet](#) and know when to seek medical advice.

Most travellers have a safe and enjoyable trip, but if you develop symptoms like fever, flu-like illness, prolonged or bloody diarrhoea, abdominal pain or a rash, during or after travel, get urgent medical attention.

## Resources

- [FCO Travel Aware](#)
- [General travel health advice](#)
- [Foreign and Commonwealth Office Travel Advice](#)