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Travelling for a winter holiday?

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 [dengue](#), [malaria](#), [yellow fever](#) and [Zika](#), which are all spread by mosquitoes. You should [avoid insect bites](#) and, if recommended, take malaria tablets.

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

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.

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.

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.

The Foreign and Commonwealth Office provide advice on [Preparing for winter sports abroad #SkiSafe](#).

Resources

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