23 Dec 2019

**Winter travel**

*Advice for a safe and enjoyable winter holiday break*

You may be planning a holiday abroad this winter. Make sure you discuss your trip with a travel health advisor, ideally 4-6 weeks before you travel; last minute advice can still be useful.

Whatever your travel plans, make sure you have comprehensive travel insurance to cover the activities you want to do.

See our Country Information pages for specific advice about diseases and other potential risks at your destination, including infections spread by mosquitoes such as dengue, malaria and Zika. You should avoid insect bites and take malaria tablets if recommended.

Yellow fever is another disease spread by mosquitoes that could be a risk on your trip. Your travel health advisor may recommend a yellow fever vaccine to protect you from this serious and potentially fatal virus.

Pack a first aid kit that suits the destination and activities you plan to do. Remember to take sufficient supplies of any usual medication; see our factsheet on travelling with medicines.

Check out our food and water hygiene factsheet and be ready to treat travellers’ diarrhoea by packing over-the-counter remedies.

Sun exposure can damage skin, so use appropriate sun protection for your trip; whether it is in a hot or cold climate.

If you are planning to enjoy a winter sports holiday, the Foreign and Commonwealth Office provide advice on Preparing for winter sports abroad #SkiSafe.

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.

Watch our website and social media pages for regular updates.

**Resources**

- General Advice for Travellers
- Outbreak surveillance
- FCO Travel Aware