

17 Apr 2025

Spring travel advice

Planning a spring break? See our simple travel tips for a safe and healthy trip

Spring is a popular time to travel abroad, with many travellers taking the opportunity to explore different countries, head off for a city break, have a beach holiday or take the [kids](#) to [visit friends and family](#) overseas. Good preparation and planning ahead helps ensure a safe and enjoyable trip.

Mosquito spread infections, including [chikungunya](#) and [dengue](#), are a risk in many countries. Be aware of your risk and follow good [insect and tick bite avoidance](#) advice.

[Measles](#) is a risk in many countries, with increases in measles cases and outbreaks reported worldwide, including in parts of Africa, Asia, Europe, and the Americas, including Canada and the United States [1 - 6]. Make sure you are protected against measles, either by a history of previous measles infection or by making sure you have two doses of [measles and mumps and rubella \(MMR\)](#) vaccine [7, 8].

See here for information about measles worldwide:

- [European Centres for Disease Control and Prevention - Monthly measles reports](#)
- [World Health Organization: Provisional monthly measles and rubella data](#)

A rise in hard to treat, drug resistant [sexually transmitted infections](#) (STIs) linked to travel abroad has been reported in the United Kingdom (UK) [9, 10]. An increase in antibiotic-resistant infections of an STI called [gonorrhoea](#) in UK travellers has been linked to visiting popular tourist destinations in the Asia-Pacific region [9 - 11], including Cambodia, China, Thailand and Vietnam [10, 11]. Drug resistant gonorrhoea infections have also been reported in UK residents who visited mainland Europe [10].

Advice for travellers

Before you travel

Check travel vaccine recommendations and health advice for your destination in our [Country Information](#) pages.

Make an appointment with your GP, practice nurse, a travel clinic or a pharmacy offering travel services to see if you need [malaria](#) prevention tablets and to check you are in-date for all recommended travel and routine UK vaccines, including [MMR](#) and [polio, diphtheria and tetanus](#) vaccines.

If you have any long-standing medical conditions, you should also carefully discuss your travel plans with your doctor. If you are [pregnant](#) or planning a pregnancy, see our advice about [Zika virus disease](#) and other infections such as [Oropouche virus disease](#). Check the risks at your planned destination and get advice from your midwife or other health professional before you travel.

Even if time is short, last-minute advice is still helpful – some vaccines and malaria tablets can be given just before travel.

If you take any regular medicines, especially prescription drugs, make sure you are prepared for [travelling with medicines](#) as you may need to contact the authorities of your destination country before you go.

See [Foreign, Commonwealth and Development Office \(FCDO\) foreign travel advice](#) for information on safety and security at your destination.

Remember to get [foreign travel insurance](#) - check your policy covers all your travel plans, all medical conditions and any medicines

While you are away

Reduce your risk of injury and illness by:

- [Avoiding insect and tick bites](#)
- Following [good food, water hygiene](#) and personal advice
- Taking sensible personal [safety precautions around water](#) and when [driving](#), using public transport or taxis
- Using appropriate [sun protection](#)

Carry a simple [first aid kit](#) and make sure you know the location of the nearest hospital or clinic.

If you develop a fever, have bloody diarrhoea or any other worrying symptoms abroad, get urgent medical help locally. Remember to contact your insurance company when you get a chance and keep any receipts.

Always be aware of your surroundings and take care of your [personal safety](#), especially in crowds.

Be mindful if you enjoy drinking alcohol and be aware of the risk of [methanol poisoning and local herbal brews](#) overseas.

Practising [safer sex](#) is just as important as applying insect repellent or sunscreen on holiday. Carry condoms and use them consistently and correctly with all new or casual partners [11].

When you return

If malaria tablets were recommended for your trip, remember to complete the full course when you get home.

If you develop symptoms like a fever, a flu like illness and severe headache, get urgent medical help. This is especially important if you visited countries with a malaria risk. Remember to tell your doctor/health professional that you have been abroad, including details of all the countries you visited. If you visited a malaria risk area, you need an urgent assessment to exclude malaria which includes a same-day result malaria blood test.

If you had unprotected sex abroad or think you might have an STI, even if you don't have any symptoms, go to a free, confidential [sexual health clinic](#) for advice.

Advice for health professionals

Health professionals advising travellers can check our [Country Information pages](#) for vaccine recommendations, malaria guidance and specific risk advice.

Health professionals should contact their local microbiology, virology or infectious diseases consultant for advice about returning travellers with fever/acute illness. Further advice is available from the [Imported Fever Service](#).

Resources

- [Mosquito bite avoidance: advice for travellers](#)
- [Mosquito and insect spread infections in the Caribbean](#)
- [Rabies risks for travellers](#)
- [Visiting friends and relatives abroad](#)

References

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