



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE

UQ Health Service

Travel and Health







“Travel broadens the mind and
loosens the bowels”

*Early 20th Century proverb
(Anonymous)*



Some road rules

- **Remember which side of the road the traffic is on when walking & driving**
- **Avoid rural roads at night in poor countries**
- **Avoid motorbikes especially in poor countries if you like having two legs**





Insect borne diseases

- Malaria – most dangerous
- Many others – Dengue
- Avoid mozzie bites
- Pills to prevent malaria
- Avoid tick bites as well



Travel Advice

Get advice early – at least 6 weeks prior to departure for trips to poor or tropical countries

Vaccinations for all

- Childhood vaccinations
- Chickenpox if you haven't had it
- Whooping cough (pertussis) booster if not boosted since childhood
- Hepatitis B if vaccination missed in high school (sex and blood-piercings & tattoos)
- Flu vaccination



Other Vaccines in some countries

- Many – talk to a doctor if you are going to a poor or tropical country



Other travel tips

- Doctor's letter for medication (to avoid problems at customs)
- Talk to insurance company if you have a medical condition



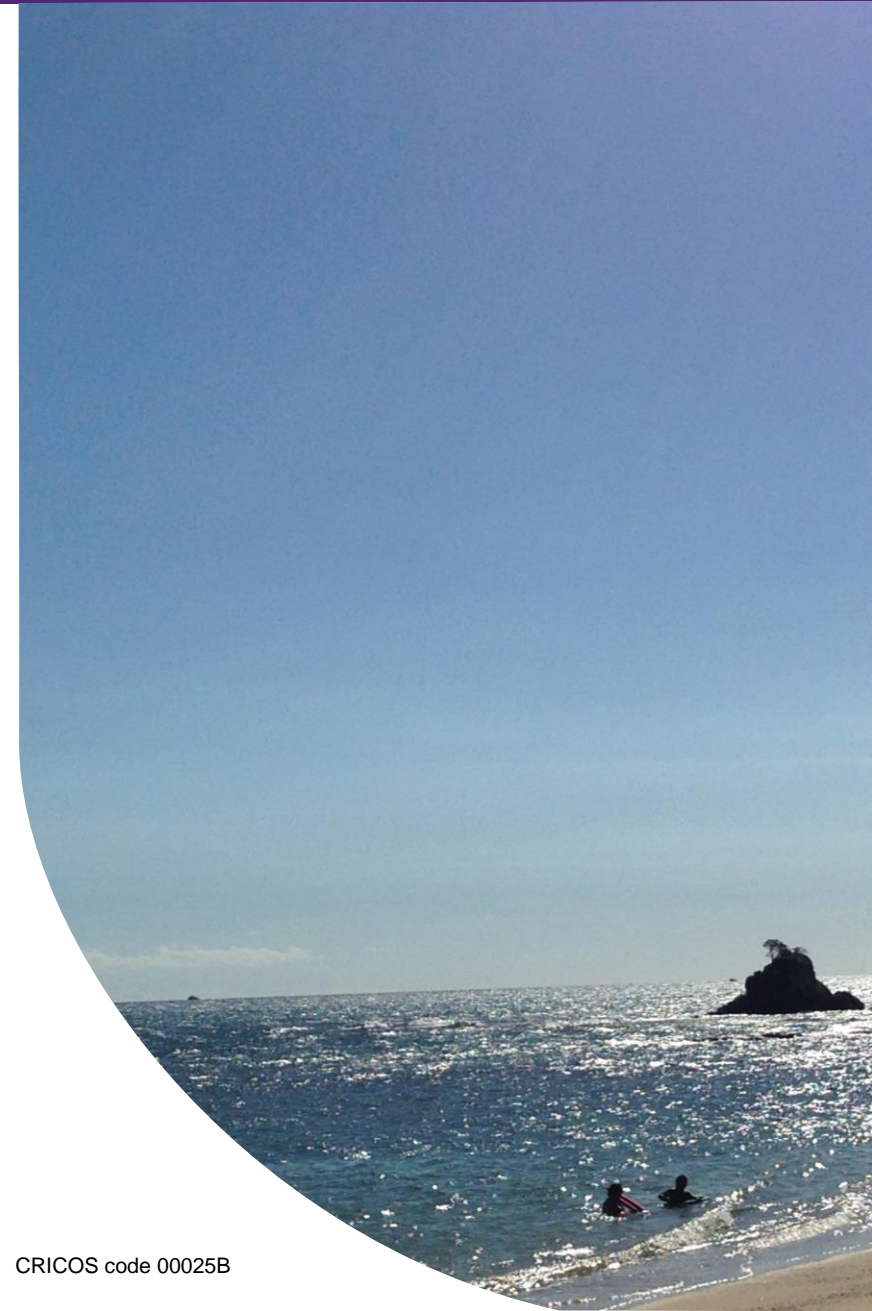
For a visit to a wealthy country

- List of medications (trade & generic names) and dose
- Details of **drug and other allergies**
Take more medication than you need in case you lose some – keep in both luggage and carry-on bag
- **First aid kit** – Antiseptic, bandages, plasters, scissors, thermometer, tweezers
- **Insect Repellent**
- **Sun screen** – broad spectrum blocking of A & B UV light
- **Condoms** – protect against STIs
- **Simple pain killer** – Paracetamol or Ibuprofen (no codeine)
- **Travel sickness** – if required – talk to pharmacist or doctor
- **Immunisation record**



For a visit to a poor country

- **Emergency Kit** – Emergency Medical equipment, blood group
- **Malaria areas** – Mosquito net impregnated with permethrin to **sleep in unscreened or non-air conditioned accommodation – Malaria prophylaxis and or emergence treatment**
- Water purification tablets or iodine resin water purifier
- **Fluid Replacement** – Sachets of oral rehydration product (e.g. Hydrolyte or Gastrolyte)
- **Medication for mild diarrhoea** – Loperamide (available from pharmacies) use as directed
- **Travel Immunisations** – see a doctor at least 6 weeks before you go



Natural disasters & man-made incidents

- If an incident occurs, Global Experiences will contact you
- Read your UQ email and respond

