



Travel
Health
Clinic

travel health

vaccination record & advice

For more advice on travel vaccinations ask instore or visit
www.rowlandspharmacy.co.uk/travel

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travelling abroad?

If you're travelling abroad you may need vaccinations to help keep **you** and **your** family protected.

The information in this booklet will help you plan a safe and healthy trip. Your local Rowlands Pharmacy can provide you with an anti-malaria service that is tailored to you and also vaccinations in our Travel Health Clinic pharmacies.

We offer protection against:

Cholera
Diphtheria
Hepatitis A
Hepatitis B
Japanese Encephalitis
Malaria
Meningococcal Meningitis
Polio
Rabies
Tetanus
Tick-borne Encephalitis
Typhoid
*Yellow Fever

Before trip

- Seek consultation with a travel medicine specialist at least four weeks before travel.
- Ask about special vaccines that are recommended for specific destinations.
- Ensure you have a first aid and medical kit containing regular and special medication for the trip - carry in hand luggage.
- Ensure you have evacuation and travel insurance to cover health emergencies while abroad.

During trip

- Take precautions against malaria when you visit areas at risk. Prevent mosquito bites and take malaria tablets as advised.
- Road safety is important - wear safety belts in cars, helmets on bikes and avoid night time driving.
- Abstain from casual sex or practice safe sex with condoms to prevent HIV and other sexually transmitted diseases.
- Verify and consume safe water and food. Have a supply of medicine for self-treatment of diarrhoea.
- Excessive sun exposure should be minimised by the use of sunscreen. Sun can be more intense over water, snow and at altitude.
- Leave animals alone. Animal bites or scratches can transmit rabies. Seek help if bitten.
- If fever develops during or after trip, seek professional medical help immediately.

**Only available at registered Yellow Fever Centers.*

*This advice has been reproduced from and promoted by the International Society of Travel Medicine.
www.istm.org*

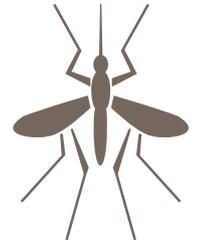


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insect bite avoidance



Many diseases across the world are spread through bites of mosquitoes. Some diseases result in mild symptoms but others such as Malaria, Japanese Encephalitis and more recently Zika virus have more serious consequences.

There are vaccines and medicines available to help protect against some diseases, others are only prevented through avoiding insect bites.

Mosquitoes can bite throughout the day and night, indoors and outdoors. It is therefore important to :-

- When possible wear loose fitting clothes with long sleeves and long trousers, socks and shoes.
- If you are sleeping in unscreened accommodation outdoors then insecticide treated mosquito nets should be used.
- If you are staying in an air conditioned room with guaranteed electricity, you could also use a "plug-in" unit to kill insects.
- It is important to use an insect repellent day and night, indoors and outdoors and on any area of exposed skin.

Recent advice from Public Health England recommends insect repellent which either contains DEET, 20% Picaridin or lemon eucalyptus extract . When using insect repellent remember:-

- Apply insect repellent according to instructions on the label – ensure all skin is covered.
- Reapply repellent frequently, especially in hot countries and after swimming. There are some insect repellents that last up to 8 hours and are water resistant e.g. Mosquito Guard.
- Apply repellent after sunscreen when using both together.
- Check the age restrictions on the repellent e.g. DEET not under 2 months, Picaridin under 24 months.
- Take enough with you just in case e.g. Some countries with active Zika have reported a shortage of insect repellent.

Ask about our



food & water



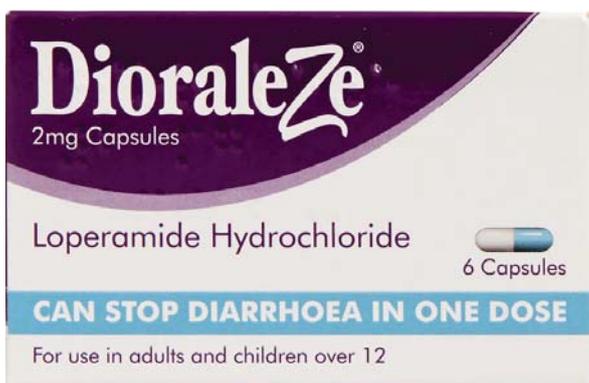
One of the best things about travelling abroad is the opportunity to try new foods and styles of cooking; this should never be a problem so long as you stick to a few basic rules.

Any food that is thoroughly cooked and piping hot should be fine, as will any fruit or vegetable that has been peeled. Avoid seafood, (as this may come from contaminated waters), dairy products that may be unpasteurised, ice, ice creams (electricity supplies are known to be intermittent in many developing countries leading to melting and refreezing and may be made from contaminated water) and especially salads as these may not have been washed properly, or grown in fields using human waste as fertiliser.

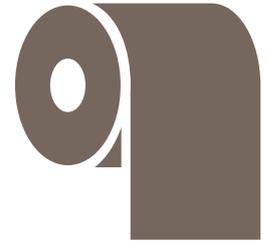
Water should always be boiled, purified or bottled. When drinking bottled water always check the seal is on securely and if in doubt then carbonated water will be safe.

Always clean your teeth using bottled water. Food prepared by yourself or your group is the safest of all. Wash fruit and vegetables in clean (boiled or treated) water. Do not allow persons with gut problems to prepare food.

Always maintain a good standard of food hygiene in food preparation. Things to look out for when choosing food: freshly cooked dishes that are piping hot, peelable fruits and vegetables, canned or packet food, local dishes are usually safer than westernised ones.



diarrhoea



Over 50% of travellers will experience Travellers' Diarrhoea. When away, it affects both short and long term travellers.

Ensure you wash your hands every time before you eat. If water isn't available for washing, then an alcohol hand wash is an essential travel item. If you do get diarrhoea, the most important thing is to drink plenty of fluids.

Most episodes of Travellers' Diarrhoea only last a couple of days and can be managed by simply increasing the fluid intake and perhaps slightly increasing the salt and sugar intake with meals.

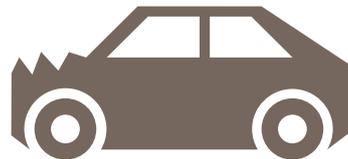
Alternatively use ready prepared rehydration solution treatments. If it is causing great inconvenience such as on a long journey you can use a medicine called Loperamide to temporarily slow the gut down, but this will not cure the problem and it will return as soon as the tablets have worn off.

If diarrhoea is severe (more than 6 episodes a day) or you have a temperature or distressing symptoms, seek medical advice. Antibiotics such as Ciprofloxacin, Azithromycin or Rifaximin can be beneficial against bacterial infections. These are prescription only medicines and must be discussed with your travel clinic nurse or GP before departure and seek medical advice whilst abroad.

If your diarrhoea lasts for several days and you have a high temperature or you are passing blood or mucus in your stools, it is best to consult a doctor as soon as possible.



accidents



More holiday makers, backpackers and travellers die from accidents abroad than from any other cause, with road accidents and drowning accounting for half of that number between them.

It's important to have fun but alongside shorts, sandals and t-shirts pack some common sense! Do not hire mopeds if you haven't ridden before, roads may be in a very poor state and your knowledge of the local Highway Code almost non-existent.

Always wear seat belts where possible and be very wary of poorly lit busy roads at night. But no matter how many precautions you take 'accidents will happen' so ensure you take out sufficient travel insurance to cover any unplanned visits to doctors or the local hospital.

Always travel with a good medical kit and carry a sterile needle kit in your day bag when you reach your destination.

personal hygiene

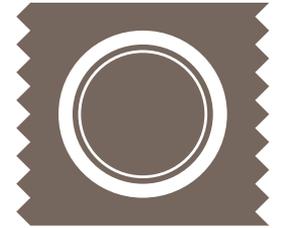


- Keep your nails short.
- Avoid biting your nails.
- Avoid putting objects in your mouth such as pens and sunglasses.
- Wash your hands regularly.
- Use plenty of soap.
- Use wet wipes or a no water hand sanitiser when it is difficult to wash.
- Avoid sharing clothing and equipment.
- Pay attention to dental care.

- Keep your clothes clean.
- Frequently wash sweaty parts of your body to avoid fungal infections.



safe sex



Safe sex is good advice for anyone, but it is even more important when travelling.

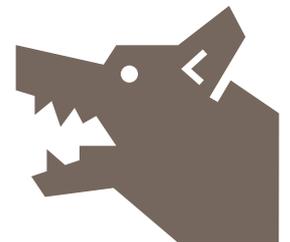
Contraception is also important and it may be difficult to get hold of your normal form of contraception in many countries, so plan ahead before you travel.

Speak to your pharmacist, nurse or doctor for advice on how to best manage while you are away.

Always use condoms to help prevent STIs including HIV and Hepatitis B.



animal bites



Rabies is present in most countries worldwide. It is responsible for approximately 60,000 human deaths a year, a high proportion of which are in India. Other areas with high rates of infection include South America, Asia and Africa.

Rabies virus is transmitted through the saliva of a bite, lick or scratch from an infected mammal that may not be showing any signs of infection.

Should an animal bite/lick or scratch occur you should assume that it has rabies and wash the wound thoroughly, apply plenty of good antiseptic or high percentage alcohol and get medical help as soon as possible for post-exposure treatment.

Anyone who intends to travel through areas affected by rabies should be vaccinated against the disease before travelling.

For more information talk to you local Rowlands Pharmacy team.

sun



Holiday destinations, including colder climates, are usually a lot sunnier than those to which we are accustomed.

It has been well reported that exposure to the sun can damage your skin, making you look older and increase the risk of skin cancer. Sunburn, heat exhaustion and sunstroke are at the very least unpleasant and can in fact be life threatening.

Protect yourself with a high risk factor sunscreen and cover up with shirts and hats especially during the midday sun, between 11am-3pm. This is particularly important when travelling at high altitude where there is less atmosphere to filter out the sun's harmful rays.

In hotter and sunnier climates you will also sweat more, so drink more non-alcoholic fluids than you normally would, even if you don't feel thirsty and frequently reapply sunscreen and insect repellent that may have sweated off.



personal safety



Often you will be travelling with expensive cameras or other digital equipment. Don't walk around with it on show or stroll through unknown areas alone, especially at night.

Always take copies of your important documents such as your passport, tickets and insurance details and keep those in separate places to your originals. A good tip is to send yourself an e-mail before you leave with all your important telephone numbers, passport number and flight details.

Always try and carry your money in several separate places, such as a hidden money belt and a small amount for easy access in a pocket.

Never leave valuables in a hotel room unless you can be sure of its safety. The best advice is to keep everything on your person whenever possible.

air travel & deep vein thrombosis



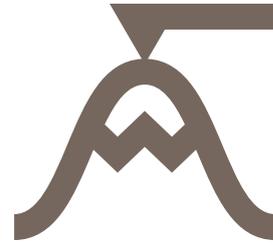
A growing concern for travellers is Deep Vein Thrombosis (DVT). For the majority of healthy travellers the risk is very small, however it does increase with flight duration.

By ensuring you drink plenty of nonalcoholic or caffeine free fluids during your flight and mobilise your legs, as often as possible you will greatly minimise your risks.

Compression stockings can be used (following advice from a GP/nurse, pharmacist or travel clinic) especially on long haul flights, as when used correctly they are proven to reduce your risks.

There is currently no evidence to support the use of aspirin. If you have any medical problems that could increase your risk of developing a DVT such as heart problems or previous DVT then please see your pharmacist, GP or travel clinic before travel for further advice.

altitude



Over 2,500 metres most people will experience some effects of altitude such as breathlessness, difficulty sleeping and dry cough.

These are generally not serious and will resolve in a few days once your body has got used to the reduction in oxygen. If possible you should plan rest days on arrival at high altitude and when ascending.

Acute Mountain Sickness (AMS) is a more serious condition and most likely to occur in individuals making a rapid ascent to above 3,500 metres.

Symptoms include headache, nausea, dizziness and loss of appetite. These symptoms can progress rapidly to more severe forms of the disease so anyone showing these symptoms should descend by a minimum of 300 metres at once.

When at altitude it is essential to maintain a high fluid intake (at least 3 litres/day) and rest as much as possible. There is also a drug called Acetazolamide (Diamox) that can be used to help prevent altitude sickness, it is prescription only and must therefore be prescribed by your GP.



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* The World Health Organisation and Public Health England's UK malaria prevention guidelines report 20% Picaridin (also known as Icaridin or Saltidin®) demonstrates excellent repellent properties comparable to, and often superior to, those of standard DEET.

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