

Health Tips.

Make sure you have health insurance in the unlikely event of anything happening. Please inform your insurers what you are planning to do and also of any medical conditions that you may have. You may not be covered if at a later date when claiming your insurers find out that you have omitted giving them this information. Contact the insurance company immediately after an accident or incident where you need their help. Never leave it to someone else unless you are unable to get to a phone. Make sure that the person making the call has all your insurance details to hand.

If you are staying in a country where health & hygiene is not a priority, make sure that you only drink from sealed bottled water, don't brush your teeth or wash food in tap/jug or standpipe water. Think twice before having ice in your drinks.

Dehydration is a major factor in feeling unwell, some of the milder symptoms are:- Flushed face, extreme thirst or unable to drink, dry warm skin, dizziness, weakness, cramping in the arms and legs, headaches, feeling sleepy or irritable. These are by no means all the symptoms so please; drink plenty of sealed bottled water.

Before you leave, you should talk to your Doctor about your travel plans. Ask for advice not only about injections and pills needed, but symptoms to look out for and what to do if you suspect you've caught something. If you are on medication always take enough with you to cover you for your trip. You may not be able to obtain them whilst you are away.

Some immunisations are free under the NHS but you may have to pay for the more exotic/rare ones. These can be expensive but your health is worth it.

Also remember that certain countries require a yellow fever certificate to prove you've been protected before they will let you in. The government has a very good site for information on foreign travel to all parts of the world, their website is: - www.fco.gov.uk You will also find British Embassy telephone numbers and Consulates for your destinations. We advise that you jot these down and take them with you, just in case.

Try the Medical Advisory Services for Travellers Abroad (MASTA), which has travel clinics around Britain. To find your nearest clinic check the website www.masta.org or contact the travellers' health line: 0906 8224 100

Here are some websites offering good free advice about vaccinations etc:

www.e-med.co.uk

www.fitfortravel.scot.nhs.uk

www.travelhealth.co.uk

The Department of Health Freephone Health Information Service

(Tel: +44 (0) 800 665 544) and their website: www.doh.gov.uk is also useful.