

of up to 50% DEET is recommended for tropical destinations. Check suitability for children on the individual products

- Spray your clothes with repellents
- If the room is not air conditioned, but screened, close shutters early evening and spray room with insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, which are common breeding areas for mosquitoes etc

Electric insecticide vaporisers are very effective as long as there are no power failures. Electric buzzers, garlic and vitamin B12, yeast extract etc. are ineffective for bite prevention.

### Malaria

This is a one of the most serious diseases travellers will be exposed to when visiting a tropical country. Malaria is an infection from a parasite which occurs when an infected mosquito bites you. There are four different types and the most serious is Plasmodium falciparum which can kill you in some circumstances within 24 hours of developing the symptoms of malaria. You should receive more information about the disease when you visit your travel health professional, as well as discussing the different malaria tablets available to you.

It is essential you prevent malaria by:

**A = awareness** – being aware of whether malaria is present at your destination and how severe the risk is

**B = bite prevention** – taking all precautions to minimise your chances of getting bitten

**C = chemoprophylaxis** – making sure you take the correct tablets and complete the course, this is essential

**D = diagnosis and prompt treatment** – knowing that malaria presents like a flu like illness, sometime also with cough and diarrhoea and if you get these symptoms

especially in the first three months after you return but up to a year after your trip, you must go to your surgery immediately, tell them you have been abroad and be seen by the doctor or nurse to arrange a test. This is vitally important.

### Safe sun advice

Sunburn and heat-stroke cause serious problems in travellers.

Both are preventable - by following these guidelines:

- Avoid going out between 11am – 3pm, when the sun's rays are strongest
- Use an appropriate 'SPF' suncream
- Wear protective clothing, especially for children and those with pale skin/red hair colouring
- Drink extra fluids in a hot climate and be aware that alcohol can make you dehydrated

A useful website is <http://cancerresearchuk.org/sunsmart/>

### Air travel

It is sensible on any long haul flight to:

- Be comfortable in your seat
- Exercise your legs, feet and toes while sitting every half an hour or so and take short walks whenever feasible. Upper body and breathing exercises can further improve circulation
- Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration

Further information can be obtained from the Department of Health and The National Travel Health Network and Centre (NaTHNaC) websites for more specific advice and information on travel-related deep vein thrombosis.

GLAXOSMITHKLINE  
**Travel Health**

**VISIT [WWW.VACCINESREMINDER.CO.UK](http://WWW.VACCINESREMINDER.CO.UK)  
to register for a free text alert service for your follow up  
appointments - Use the following information**

Surgery Stamp

Please register the following information at [www.vaccinesreminder.co.uk](http://www.vaccinesreminder.co.uk) to activate the text message service

Date of first vaccination

Next vaccine:	Vaccine 2:	Vaccine 3:	Vaccine 4:	✓
Hepatitis A	6 months			<input type="checkbox"/>
Hepatitis B	7 days*	21 days	12 months	<input type="checkbox"/>
	1 month	2 months	12 months	<input type="checkbox"/>
	1 month	6 months		<input type="checkbox"/>
Hepatitis A and B	7 days*	21 days	12 months	<input type="checkbox"/>
	1 month	6 months		<input type="checkbox"/>
Not required				<input type="checkbox"/>

Depart date  Return date

\* Please note that this appointment should be booked at your patient's first vaccination. Therefore, a text reminder will not be sent.