



[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

- NHS Scotland public access website.
- Country by country information.
- Vaccination and malaria advice.
- Certification requirements.
- News and outbreaks.

Check with your GP or Practice Nurse well in advance of travel (ideally 6-8 weeks) to discuss any health issues for your destination, including vaccinations and malaria tablets.

# Ten Tips for Healthy Travel

## Before your trip

**Seek** advice from a healthcare professional, ideally 6-8 weeks before travel.

**Ask** about vaccines that may be recommended for your destination(s).

**First** aid kit should be carried in the hold; prescription medicine required during travel e.g. insulin, inhalers - carry in hand luggage.

**Ensure** travel insurance covers health emergencies and repatriation.

## During your trip

**Take** precautions if at risk of malaria; be aware, avoid mosquito bites, take malaria tablets correctly if advised and report any fever.

**Road** safety is important - use the seat belt in cars, wear a helmet on bikes/scooters and avoid driving at night.

**Avoid** casual sex or practice safe sex with good quality condoms to prevent HIV and other sexually transmitted infections.

**Verify** and consume only safe food and water where possible. Keep hands clean; carry/use sanitising gel when soap and water are not available.

**Excessive** sun exposure is damaging; limit exposure, seek shade, cover up, wear good sunglasses and use sunscreen at least SPF15.

**Leave** animals alone; bites, scratches or licks on broken skin can transmit rabies infection. Seek medical attention as soon as possible if bitten or scratched.



Health  
Protection  
Scotland

**NHS**  
National  
Services  
Scotland

Adapted from the International Society of Travel  
Medicine 'Responsible Traveller' leaflet ([www.istm.org](http://www.istm.org))

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