

### TRAVEL HEALTH RISKS

- Up to 50% of travelers face health issues during travel, even in places that seem ‘safe’
- Travel health risks include accidents, diseases spread by insects or ticks, illnesses from contaminated food- or water, and issues related to extreme heat, cold or high altitude
- People visiting friends and relatives in developing countries, kids and older adults face more risks. Group trips can get disrupted if someone falls sick. And if you have chronic health issues, it’s vital to prevent them from getting worse where it’s hard to find medical help
- Getting proper **pre-travel health care** before your trip can help you avoid many health risks and make others less likely

### GETTING TRAVEL HEALTH ADVICE

- **Best practice travel health care is about more than just vaccines.** It’s about:
  - Checking how travel might affect your health
  - Getting the recommended vaccines, including those needed for specific countries
  - Learning how to stay healthy during your trip, such as by washing your hands often, choosing safer food and drink options, and avoiding insect bites
  - Taking preventive medicine for things like malaria or altitude
  - Packing a medical kit for common travel issues like stomach bugs or wounds
  - Having the right documents and travel insurance
  - Knowing what to look out for when you return home
- Working out which **vaccines** and **medicines** you need for a trip isn’t easy. It depends on your past vaccines, where and when you’re going, what you’ll do and your age and health status. Some vaccines last a lifetime, so it’s a good idea to think about future travel plans too
- It’s best to **seek health advice** from a **health professional** about **6 weeks before travel**. Even if it’s closer to your travel date, it’s still helpful. Some vaccines take time to start working, and some need more than one shot, so getting them earlier helps.
- Make sure to think about **health costs** in your travel budget. Seeking advice early can help you figure out how much it might cost.

### MORE INFORMATION

Travellers are advised to check official health information from their own country, such as:

- World Health Organization: <https://www.who.int/news-room/questions-and-answers/item/travel-precautions>
- Centers for Disease Control and Prevention, United States: <https://wwwnc.cdc.gov/travel/page/traveler-information-center>
- Travel Health Pro, United Kingdom: <https://travelhealthpro.org.uk/factsheet/30/general-advice-for-travellers>

#### References

1. Mills D.J., Ramsey L., Furuya-Kanamori L. Pre- and Post-Travel Medical Consultations. In: Wilks J., Pendergast D., Leggat P.A., Morgan D. (eds) Tourist Health, Safety and Wellbeing in the New Normal. 2021 Springer, Singapore. [https://doi.org/10.1007/978-981-16-5415-2\\_3](https://doi.org/10.1007/978-981-16-5415-2_3)
2. Steffen R, Chen LH, Leggat PA. Travel vaccines—priorities determined by incidence and impact. Journal of Travel Medicine. 2023 Nov 18;30(7):taad085. <https://doi.org/10.1093/jtm/taad085>