

# HOW TO: Reduce Your Health Footprint During Travel

## Did you know?

Your 'health footprint' is the impact you have on another person or community, expressed as the amount of medical resources used due to illness or injury.



## How can I reduce my health footprint?



## Why should I reduce my health footprint?

If you are sick or injured, you risk:

- Spreading illnesses to those around you
- Using up scarce local medical resources



MEASLES



COVID-19



RABIES

## Be a responsible traveller:



### 1 GETTING VACCINATED

Can prevent up to 25 serious infectious diseases.\*

Reduces risk of hospitalization abroad and back home.



### 2 DO YOUR HOMEWORK

All destinations have health risks. Speak to a travel medicine provider and learn how to avoid them.



Know how to treat minor ailments and where to find reputable medical care.



Ensure your travel insurance coverage fully covers your physical and mental health.



Is your trip ethical? Learn how to make your travel sustainable and culturally appropriate.



Use medications like antibiotics and antimalarials as prescribed and know your country's drug importation rules



Follow local public health recommendations



Know the road traffic rules of your destination



Practise safer sex with any new partner by using condoms

### 3 CONSIDER OTHERS

You are part of the world community.



Your health and behaviour impact on the health of those around you and the communities you visit.

Travel is a privilege.

Your access to medication, vaccination and medical care abroad may impact a local person's access to quality health care.



\* WHO Immunizations, Vaccines and Biologics