

ACCIDENTS

Be aware of risks e.g. glass injuries to your feet on the beach .
Travel in groups, avoid remote areas after dark.

Don't go swimming after drinking alcohol or after a big meal. Beware of fast tides and undertows from waves. Don't swim alone. If diving, to prevent the bends do not fly until at least 12 hours after the last dive or 24 hours after multiple dives or dives which require decompression stops during ascent.

Get travel insurance that covers accidents, illnesses and emergency repatriation.

SUNBURN

Stay out of direct sunlight between 12 noon and 3.00pm if possible and don't do anything energetic. Drink plenty of fluids to avoid sunstroke/heatstroke. Wear a broad brimmed hat, long sleeved shirts and sun glasses Use a sunscreen with a high factor, at least factor 20+ Reapply after swimming If you get badly burnt, drink plenty of fluids and use after sun products to ease the effects. Don't lock yourself into your room after bad sunburn, even if travelling alone. If severely burnt get medical attention.

RTAs

Take the same precautions as you would at home, wear a helmet, obey the speed limits, and don't drive under the influence of alcohol or drugs. Failure to heed any of the normal precautions may invalidate your insurance if you're involved in an accident.

Traffic may come from the opposite direction to the one in your home country so take care crossing if crossing the road.

Not all drivers observe pedestrian crossings or traffic signals.

SWIMMING IN LAKES AND RIVERS

Swimming and even wading in enticing fresh waters can be hazardous esp. in areas of Sub-Saharan Africa, the Nile region, the coastal wetlands of South America from Venezuela to Brazil, and the Laos and Cambodia Region, where **Bilharzia** or **Schistosomiasis** is common. It looks enticing, but beware.

EMERGENCIES:-

If you've been a victim of a crime, if you need urgent medical treatment, if you passport gets lost, if you've been arrested or imprisoned, if you need assistance in connection with a death abroad, help with accessing funds or if you need to be repatriated to Ireland, firstly contact your family. They may be able to sort your difficulties. If necessary contact the nearest resident Irish Diplomatic or Consular Mission. If there is an answering machine leave a message on it as the machines are monitored regularly. Or ring the after hours Duty Officer in the Department of Foreign Affairs at **00 353 1 4780822**

WHEN YOU RETURN:-

If you have been on malaria medication while away, don't forget to continue taking it when you come back. If you've been travelling abroad in the previous year and you get ill, go see your doctor and tell him that you have travelled abroad in the past year, also tell the doctor what countries you were in.

MALARIA

This is a very serious disease and can kill if left untreated. It is a parasite that is injected into your body if you get bitten by an affected mosquito. Your doctor will prescribe tablets that can prevent malaria developing even if you do get bitten. There are a few different types and which one prescribed will depend on the sensitivities of the mosquitoes locally. Generally, you start taking the tablets before you enter the malarial area and take them regularly while in the area and you **MUST** continue taking them for a while after you come out of the malarial area, as the malarial parasite can live in you body for a while after you leave the malarial area. Different anti-malaria tablets will have slightly different instructions.

AVOIDING BITES:-

Animal bites:- Bites can cause problems if travelling and are best avoided. Bites can become infected and Rabies may be transmitted via the bite of an infected dog. Rabies is present world-wide. Untreated rabies will always kill. Have rabies vaccination prior to departure.

Precautions: - Do not stroke dogs or cats and avoid contact with bats, foxes, jackals, and other wild animals. If rabies is endemic in an area, then all unprovoked bites or licks should be considered as a possible exposure

If Exposed; - Clean the wound thoroughly with soap or detergent and run under water for 5 minutes Apply antiseptic Seek medical attention.

Insect Bites:- Biting insects cause many difficulties due to local reactions to the bites themselves and due to diseases transmitted via the bites. Mosquitoes mostly bite in the evening.

Precautions: - limit the amount of skin available to bite by wearing long sleeved clothing and long trousers. Wear loose clothing as mosquitoes may bite through tight clothes or use repellent /insecticide on the clothing itself Spray socks with insect repellent and also on exposed skin e.g. at collar, cuffs, ends of trousers/jeans **Note:** many insect repellents, including **50% DEET**, can damage plastics including contact lenses. Spray insecticides in the room, burning insecticide coils and heating insecticide impregnated tables will help to control mosquitoes. Air conditioning makes the mosquitoes less active. Use pyrethroid to kill flying insects including mosquitoes. If the room in which you are sleeping is unscreened or if you are sleeping out of doors then use an insecticide impregnated net to surround you. Garlic, Vitamin B and ultrasound devices do not prevent bites.

Mosquitoes carry many diseases e.g. **Malaria, Zika, Yellow Fever, Dengue, Japanese B encephalitis and West Nile Fever.**

ENJOY YOUR TRIP

Please bring this with you at each travel related consultation at the Student Health Department

STUDENT HEALTH UCC

Travel Consultation

Immunisation Record

FOOD AND DRINK:

BOIL IT, COOK IT, PEEL IT, OR FORGET IT

Always wash hands after going to the toilet and before handling food or eating. If your unsure whether the water is unsafe sterilise it by boiling it, using purification tablets or use bottled fizzy water. Always use clean water for brushing your teeth and washing food. Don't use ice unless it's made from treated chlorinated water. Only eat freshly and thoroughly cooked food. Avoid food that has been kept warm. Make sure it is piping hot- not just spicy hot. Avoid uncooked food unless you peel it or shell it yourself. Avoid food that is exposed to flies. Avoid ice-cream from unreliable sources e.g. street traders Avoid unpasteurised milk or boil it. Take care with shell fish. Drinking bottled mineral water is usually safe but be sure that the cap is well sealed. Drink plenty of clean safe water to maintain your hydration; it's easy for your body to become dehydrated especially in a hot climate.

TRAVELLERS DIARRHOEA

This can be prevented by ensuring food is uncontaminated or cooked properly and that drinking water is sterilized. Eat vegetables only if thoroughly cooked. If you get moderate severe diarrhoea or bloody diarrhoea, seek medical attention.

SAFE SEX

There is a high risk of contracting a sexually transmitted infection by indulging in casual sex. Many STI's can cause long term disability and problems. Hepatitis B is endemic in many parts of the world e.g. South East Asia. It is estimated that 80% of prostitutes in Thailand have **AIDS. Hepatitis B** and **HIV** can also be spread via blood.

Precautions: Casual sex is risky; condoms provide good but not complete protection. Local condoms may not be of the same standard and may expose you to greater risk. Watch your alcohol consumption and don't leave your brain at the airport! Don't share needles as many IV drug users are HIV positive Avoid skin damaging procedures e.g. ear piercing, tattooing, acupuncture, shaving with open razors unless you are absolutely sure that the equipment being used is sterile.

Blood transfusion:- In many developing countries blood may not be screened for disease as thoroughly as in Western countries and the risk of disease transmission is therefore very high. As accidents are the commonest reasons for requiring a transfusion—avoid them e.g. drive carefully

Date of initial consultation	UCC STUDENT HEALTH DEPARTMENT TRAVELCONSULTATION FORM	Clinician:	Signature:
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NAME:	DATE of BIRTH:
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PATIENT DETAILS:

Vaccine Hx:	Live vaccine within 4 weeks?	MMR Yellow fever VZ BCG OPV Oral Typhoid
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Current illnesses:	Medical History:
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Current medication:

Allergies:	Pregnancy:	Breastfeeding:
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TRAVEL DETAILS

Date of departure:	Total duration of stay:
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Destination(s):

Type of trip: Please circle/tick

Backpacking	Student Elective	Volunteer Charity	Organised Adventure	Work	Package holiday:	VFR	Other:
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Areas to be visited : Please circle/tick **Overall Intended Accommodation : Please circle/tick**

Urban only	Urban and rural	Rural only	>3000m	Good	Basic	Poor	Not Known
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Bite avoidance discussed	Other Info given:	Web Sites:	www.ucc.ie/en/studenthealth/travel www.cdc.gov/travel www.fitfortravel.nhs.uk
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Vaccinations to be considered and recommended for ALL travellers

Illness	Vaccine Name (route)	No. doses	Cost/Dose €	Schedule (days)	Prescribe Yes No	Date(s) Given/Initials	Booster Due
Diphtheria Tetanus Polio (Pertussis)	Revaxis or (IPVBoostrix) (i.m)	1	30/ 35	0			10yrs +
Typhoid	Typhim (i.m)	1	25	0			3 yrs
Hepatitis A Hepatitis B	Twinrix (i.m)	4	50	0,7,21,365 0,30,60,365			lifelong

Vaccinations to be considered and recommended for CERTAIN travellers based on Risk Assessment

Illness	Vaccine Name (Route admin)	No. of doses	Cost per dose	Schedule (days)	Prescribe Yes No	Date(s) Given/Initials	Booster Due
Rabies	i.m. i.d.	3	50 / 25	0,7,21/28			5+ yrs
Hepatitis A Typhoid	Viatim or Hepatyrix (i.m)	1	60	0			HAV 6-12M Typh 3yrs
Yellow* Fever	Stamaril (Deep s.c.)	1	35	0			*Certificate Required lifelong
Meningococcal	ACWY* (Deep s.c.)	1	60	0			* Named pt basis 5 yrs
Cholera	Dukoral (Oral)	2	25	0,7 (up to 42)			2 yrs
Measles Mumps Rubella	Priorix (i.m)	1	Free	0			

Medication Recommended for Malarial Prophylaxis
(in conjunction with insect bite precautions recommended overleaf)

Medication	DOXYCYCLINE*	MALARONE
Side Effects	(Relatively common. Not usually serious) N/V/Diarrhoea/Dysp/Thrush/Sunburn++	(Relatively rare. Not usually serious) N/V/Diarrhoea/Headache/Depn/Nmares
Dosage	1/day.Begin 2 days before until 4 wks after	1/day.Begin 2 days before until 7 days after
Cost** 4 wks	15 Euro	60 Euro

* A trial dose of Doxycycline is recommended 2-3 weeks pre-departure, to determine if tolerable and to ensure no significant side effects occur.

** Approximate cost only. Discuss with Pharmacist. Note all anti-malarial medication is available to full Medical Card holders for Prescription Charge only.