



UK Health
Security
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NaTHNac



Visiting friends and family abroad?

How to stay safe and keep well



What to do before you go



Talk to your doctor, nurse or visit a travel clinic



Try and do this 4-6 weeks before you go

If not, some clinics may be able to see you just before you go



Check if you need any special tablets or medicine

What to do when you are there

In places that have diseases like malaria

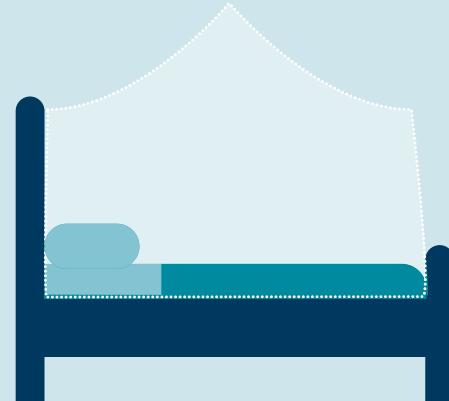


Apply insect repellent* to your skin

*insect repellent is a spray, lotion, cream or wipes that keeps mosquitoes and bugs away



Wear clothes that cover arms and legs



Sleep under a bed net that has been treated with insecticide

What to do when you are there

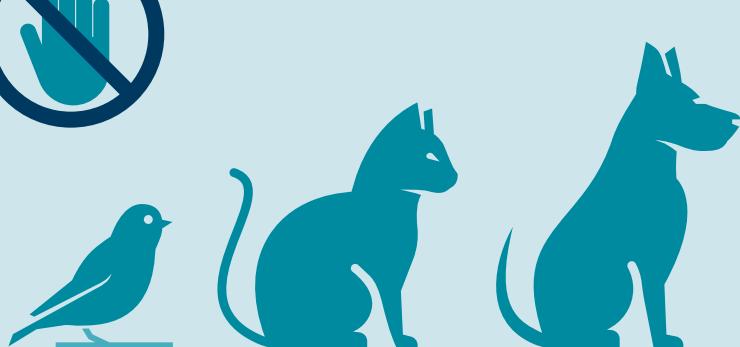


Try to eat:

- Freshly cooked food that is served piping hot
- Fruit and vegetables you can peel yourself
- Dairy products that have been pasteurised



Wash your hands often with soap, if available



Try not to touch any cats, dogs, birds or wild animals

What if you feel ill?



If you have a fever or feel like you have the flu – see a doctor as soon as you can



Don't wait to come home to see a doctor

If you have already returned home when you feel ill, remember to tell the doctor that you have been abroad

Find out more



Talk to your GP,
a nurse or travel
clinic to get advice



For further
information visit
travelhealthpro.org.uk







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