

# Advice and Information for Travellers



## Rectory Meadow Surgery

### For every travel kit

#### Sunscreen

Choose sunscreen with a sun protection factor (SPF) of at least 15. The higher the SPF, the better the protection. Buy sunscreen labelled "broad-spectrum". This means that it protects against both UVA and UVB rays. Don't use creams that are past their expiry date. Most sunscreens have a shelf life of two to three years.

#### First aid kit

For minor injuries, use antiseptic with gauze squares, non-adherent dressings, bandages, fabric plasters, adhesive tape, scissors, tweezers and safety pins. You can buy bottles or sprays of standard antiseptic such as TCP from all major chemists, or get ready-prepared antiseptic wipes. An emergency medical pack may be useful if you're going off the beaten track or taking part in high-risk activities. These are available from reception at a competitive price or you can buy them from pharmacies or travel shops.

## **Insect repellent**

Mosquitoes usually bite between dusk and dawn, and are attracted to humans by our body heat, smell and the carbon dioxide we breathe out. Research shows that products containing the chemical DEET are the most effective insect repellents and are safe when used correctly. DEET products are available in sprays, roll-ons, sticks and creams. Your GP or travel health clinic will tell you whether the area you are going to is malarial and what protection is advised.

## **Antihistamines**

Over-the-counter antihistamines can reduce itching and inflammation caused by allergies and insect bites. Antihistamines are available as tablets (oral antihistamines), creams (topical antihistamines) and nasal sprays. Antihistamines work by blocking the effects of a protein called histamine.

## **Anti-diarrhoea pills**

Anti-diarrhoea drugs, such as loperamide, can relieve symptoms of diarrhoea by slowing down the movement of bowel contents and sometimes by increasing water absorption from the gut. Loperamide can be taken once or twice a day, over a long period. However:

- Do not take anti-diarrhoea drugs if there is blood in your stools or if you have a high temperature (check with your pharmacist).
- Do not give anti-diarrhoea drugs to a child under 12 years without medical or pharmaceutical advice.

## **Travel in the developing world**

### **Rehydration sachets**

Rehydration sachets help replace fluids and salts lost through diarrhoea, vomiting and too much sun. You can buy sachets of rehydration salts from your pharmacy and add them to water. They provide the correct balance of water, salt and sugar. Your doctor or pharmacist may also recommend rehydration drinks for your child, if you are worried they may become dehydrated. Do not use homemade salt or sugar drinks. Always consult your pharmacist.

### **Mosquito net**

A mosquito net is vital for sleeping in malarial countries. When buying a net, make sure it is impregnated with permethrin. Permethrin is a contact insecticide, which will kill insects landing on the net and, therefore, increase the net's effectiveness. Generally, nets will need to be impregnated again with permethrin after six months of use. Carry a small sewing kit so you can repair any holes that develop in the net.

## Anti-malarial drugs

Visit our practice nurses four to six weeks before you leave to find out what malarial cover you'll need. They will also have up-to-date advice about the cover you need, and which strains of malaria are resistant to which drugs.

## Emergency medical supplies

Kits available from the surgery, including sterilised and sealed syringes, sutures and needles, can be useful when visiting developing countries, where hospitals and dentists may not have properly sanitised equipment. Please ask our Practice Nurses for more information.

## Price List for Travel Vaccines not available on the NHS

The Practice Nurses will recommend the vaccinations you should have, depending on your travel plans. Some vaccinations are free to NHS patients, and for others we are obliged to levy a charge. Our current charges are as follows: -

Vaccine	Course	Price
Hepatitis B	3	£150.00
	Booster	£50.00
Japanese Encephalitis	2	£178.00
	Booster	£89.00
ACWY (meningococcal)	1	£65.00
Rabies	3	£180.00
	2	£120.00
	Booster	£60.00
Tick Borne Encephalitis	3	£195.00
	Booster	£65.00
Yellow Fever	1	£60.00
Sterile Travel Pack		£20.00
Malaria Prescription		£20.00