

Dear traveler,






Despite the many benefits of travel, it may involve infection with some diseases that may appear during or after returning from travel. These diseases are either transmitted by vectors, or related to consumption of unsafe water or food, or practicing certain activities during travel.

Below are some of the steps you should take to enjoy safe travel



Before traveling:



-  **Find out about the climatic conditions and the most important diseases prevailing in the destination you want to travel to.**
-  **Seek medical advice from a health institution at least 4 weeks prior to travel in order to:**
 -  Providing the most important medical advice to you, especially if you suffer from a chronic disease, and to ensure that all your routine medications are available to you while traveling.
 -  Take all recommended vaccinations and preventive medicines that suit your travel destination, such as anti-malaria medicines, meningitis, influenza, yellow fever and others, while adhering to the instructions for taking preventive medicines even after returning from travel.
-  **Take all your personal precautions against insects and parasites such as light, long-sleeved clothing, protective shoes, insect repellent, and a first aid kit.**




While traveling:




-  Drink only water that has been sterilized in bottles. Sterilize the water you use for drinking by filtering and boiling. Always remember that ice cubes in cold drinks are a potential source of contamination. Make sure of its source
-  Refrain from eating raw and uncooked foods, especially meat, or seafood.
-  Refrain from eating food from street vendors.
-  Ensure that milk, cheese and other dairy products have been pasteurized.
-  Choose fruits and vegetables with thick skin that you can peel yourself and wash them well before eating.
-  Wear suitable shoes that can protect you from parasites, fungi, insect bites, snake bites and cuts.
-  Do not swim in freshwater streams, rivers or lakes in parasite-infested areas.
-  Stay away from unsafe practices such as tattoos, ear piercings, acupuncture and unprotected sexual relations.
-  Follow preventive measures against respiratory diseases by wearing a mask, washing hands, physical distancing and avoiding crowd.
-  Protect yourself from traffic accidents as much as possible and avoid traveling on crowded public transportation.
-  Develop a plan in advance to act in the event of an accident or an illness that requires medical attention while traveling.

After returning from travel:



 Note any changes in your health condition within 14 days of returning from travel, and this period may extend to 3 or 6 months, as in some travel-related diseases such as malaria.

 Consult a doctor if you feel symptoms such as **fever, respiratory symptoms** (cough, difficulty breathing), **skin rash with or without redness in the eyes, severe diarrhea, bleeding, headache with or without stiff neck, confusion or loss of consciousness.** These symptoms may indicate travel related illnesses



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