

TRAVEL HEALTH SERVICE





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- Why is the travel medicine service considered necessary?
- General guidelines for enjoyable and safe travel.
- Guidance related to some common travel problems









○ What is travel health service?





It offers pre- and post-travel guidance and preventive services to address travelers concerns.

As a key component of modern medicine, travel medicine plays a vital role in enhancing and sustaining health services for future generations.









○ What is travel health service?



- Travel health service, initiated in 2019.
 - Implemented in 2022 across all governorates of the Sultanate
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○ What is travel health service?





For optimal travel health service, travelers are to visit travel health clinics in nearby health center or polyclinic **4-6 weeks** before traveling. This ensures optimal utilization of the services provided by the travel health clinic.







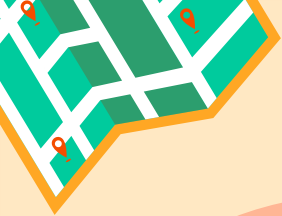




A travel medicine service necessary

The likelihood of travelers encountering travel-related health risks is heightened due to various factors:

- Increasing numbers of passengers and trips per traveler
 - Presence of high-risk categories of travellers, including children, pregnant women, and the elderly.
 - Varied conditions for travellers with chronic diseases or immunodeficiency.
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A travel medicine service necessary

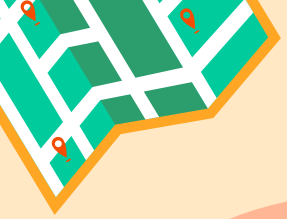
The likelihood of travelers encountering travel-related health risks is heightened due to various factors:

- Diverse travel destinations and activities undertaken while traveling
- Fluctuating epidemiological situations across countries, including the prevalence of epidemics and outbreaks.

○ A travel medicine service necessary



In light of these factors, the importance of visiting a travel medicine clinic becomes evident. There is a pressing need to promote a culture of traveler health awareness among public.






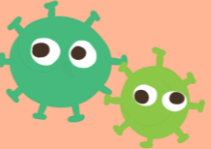
General guidelines for enjoyable and safe travel

To ensure a memorable and safe travel experience



✕

Before travel

- Familiarize yourself with the climatic conditions  and prevalent diseases  in your chosen travel destination.

○



Before travel

- Consult a healthcare professional at least 4-6 weeks prior to your trip to:

Consultation

- Receive crucial medical advice. *
- Ensuring you have enough supply of necessary medications for your journey.
- Ensure you possess official documentation outlining your health status and prescribed medications.





Before travel

- Consult a healthcare professional at least 4-6 weeks prior to your trip to:

recommended vaccinations/ preventive medications*

Obtain recommended vaccinations and preventive medications suitable for your destination like:

- anti-malaria medications and vaccinations for diseases such as meningitis, seasonal influenza, and yellow fever.
- Adhere to instructions regarding preventive medications even after returning from your trip.





Before travel

- Take personal precautions against insects and parasites by wearing light-colored clothing with long sleeves, protective footwear, and using insect repellent.
- Remember to pack sunscreen to protect your skin from sun exposure.



✘


Before travel

- Bring along a well-stocked first aid kit containing essential medical supplies.
- Develop a plan in advance for handling injuries, accidents, or exposure to illnesses requiring medical attention while traveling



During travel

- Drink only water from sterilized bottles or ensure the water you consume is sterilized through boiling.
- Avoid consuming raw or undercooked foods, particularly meat and seafood.

Be cautious of ice cubes  in cold drinks as they may pose a contamination risk; verify their source before use

During travel

- Choose fruits and vegetables with thick skins that you can peel yourself, and wash them thoroughly before peeling.
- Ensure dairy products like yogurt and cheese have undergone pasteurization.
- Avoid consuming food from street vendors.



During travel

- Choose suitable footwear that provides protection against parasites, fungal infections, insect bites, snake bites, and injuries.
- Avoid swimming in freshwater streams, rivers, or lakes in regions known to be infested with parasites.
- Avoid risky practices such as tattooing, ear piercing, acupuncture, and unprotected sexual relations.



During travel

- Take preventive measures against respiratory illnesses by wearing a mask, practicing frequent, handwashing, maintaining physical distance, and avoiding crowded places.
- Minimize the risk of traffic accidents by avoiding crowded public transportation whenever possible.



After returning from travel

- Be vigilant for any changes in your health within 14 days of returning from travel, noting that this period may extend for months or even a year, particularly with certain travel-related diseases like malaria.





After returning from travel

○ Seek medical attention at a travel medicine clinic if you experience symptoms such as:

Fever

Respiratory symptoms*

Skin rash with or without eye redness

Severe diarrhoea.





Bleeding

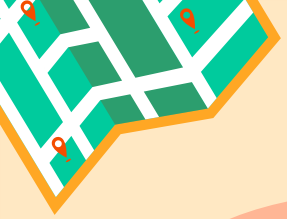
Headache with or without neck stiffness

Confusion or loss of consciousness



It's crucial to provide your travel history to the doctor, as these symptoms may be indicative of travel-related illnesses





Guidance on some common travel related issues



Travel with children

- . Pack appropriate clothing for the child based on the weather and planned activities.
- . Reserve a designated area for the child and set it up in the plane or car for comfort.



Travel with children

- . To alleviate ear pain during air travel, consider breastfeeding or offering chewing gum to the baby.
- . Ensure the child gets sufficient sleep during the journey, particularly during flights.



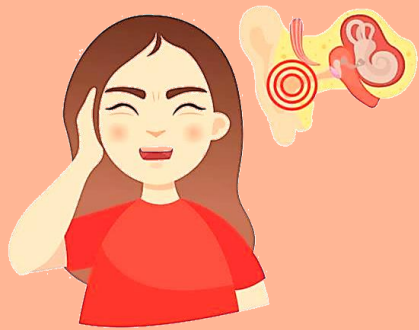
○ Airplane ear (ear barotrauma)

| Ear barotrauma | occur due |
|---|--|
| is a temporary sensation of blockage in the ear during a flight | to the high air pressure inside the airplane resulting from rapid changes in atmospheric altitude. |

Airplane ear (ear barotrauma)

Symptoms





- Feeling of blockage and ringing in the ear.
- Discomfort or intense pain within the ear.
- Vertigo.





Airplane ear (ear barotrauma)

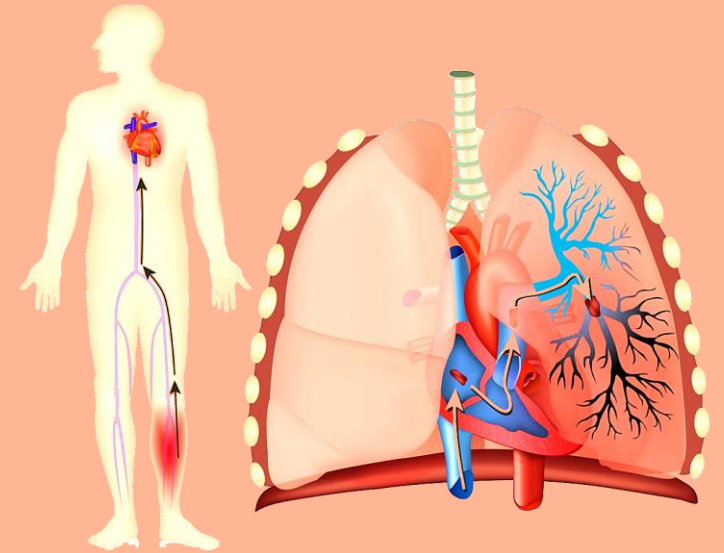
Preventive measures

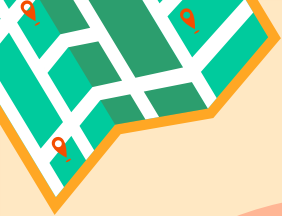
- Yawning frequently.
 - Chewing and swallowing during take-off and landing.
 - Avoiding falling asleep during take-off and landing.
 - Postponing the air travel if experiencing sinusitis or nasal congestion.
 - Using earplugs to gradually equalize pressure
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○ Venous thrombosis during travel

Venous thrombosis

refers to the formation of blood clots in deep veins, such as those in the legs or lungs, with a higher likelihood during extended flights lasting 4 hours or more.





| Risk factors | Preventive measures |
|--|---|
| <ul style="list-style-type: none">▪ Extended travel duration*.▪ Previous history of venous thrombosis▪ Pregnancy and childbirth▪ Genetic predisposition to clotting▪ Advancing age▪ Obesity | <ul style="list-style-type: none">▪ Regular movement every hour▪ Stay hydrated by drinking plenty of water and fluids▪ Wear loose, comfortable clothing |



Jet lag

Jet lag




is a sleep disorder triggered by a mismatch between your body's internal clock and the day-night cycle in the time zone you're in, often due to sudden travel across different time zones.



Symptoms





- Difficulty falling asleep or waking up
- Daytime sleepiness
- Cognitive issues such as poor thinking, attention, or memory
- Physical fatigue, particularly affecting performance in athletes
- Mood changes or irritability
- Gastrointestinal disturbances



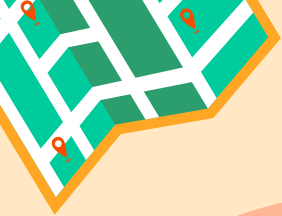








To prevent or alleviate jet lag, it's essential to swiftly adjust your body's internal clock to synchronize with the time zone of your destination by:

Before traveling

- If your trip is for business, aim to arrive at your destination at least two days in advance to allow your body time to adjust.
 - If traveling to a Western country, try going to bed an hour or two later than your usual bedtime.
 - If traveling to an Eastern country, adjust your bedtime to be an hour or two earlier than usual
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while traveling

- - Consume small meals to avoid stomach discomfort.
 - Stay in well-lit areas during the daytime to help regulate your body's internal clock.
 - Use caffeine and exercise to maintain alertness during the day, but avoid them in the evening.
 - Stay hydrated by drinking plenty of water.
 - If you feel drowsy during the day, take short naps of no more than 15–20 minutes, and ensure you sleep at night.
 - If necessary, follow your healthcare provider's advice regarding the use of sleep aids to assist night-time sleep.
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Traveler's diarrhea

Traveller's diarrhea

It's a gastrointestinal disorder typically characterized by diarrhea and abdominal cramps, often due to consuming contaminated food or water during travel.

treatment

- Most of the time it is self-limiting.
- It's crucial to replace lost fluids by drinking plenty of water and, in some cases, using oral rehydration solution (ORS).

Traveler's diarrhea

To minimize the risk of traveller's diarrhea, individuals should exercise caution regarding their food and beverage choices while on travel





To prevent food poisoning while traveling:

- . Drink only bottled water that is known to be sterile, and avoid consuming tap water or water from wells.
- . Ensure any water used for drinking is sterilized, such as by boiling it.
- . Be cautious of ice cubes in beverages, as they can be a potential source of contamination; verify their source before use.



To prevent food poisoning while traveling:

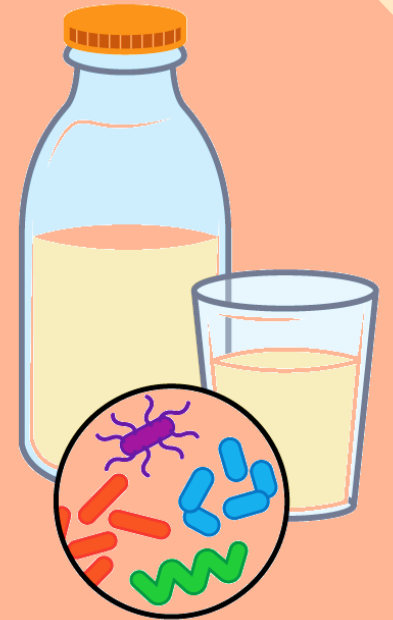
- Check the expiry date of canned foods before consuming.
- Consume cooked food promptly and store remaining food appropriately.
- Avoid eating raw or undercooked foods, particularly meat and seafood.





To prevent food poisoning while traveling:

- . Choose fruits and vegetables with thick skins that you can peel yourself, and wash them thoroughly before peeling
- . Ensure dairy products like yogurt and cheese have undergone pasteurization.
- . Avoid consuming food from street vendors.



To prevent food poisoning while traveling:

- . Avoid swimming in potentially contaminated water.
- . Maintain proper hand hygiene by washing hands thoroughly before and after eating.



Motion Sickness

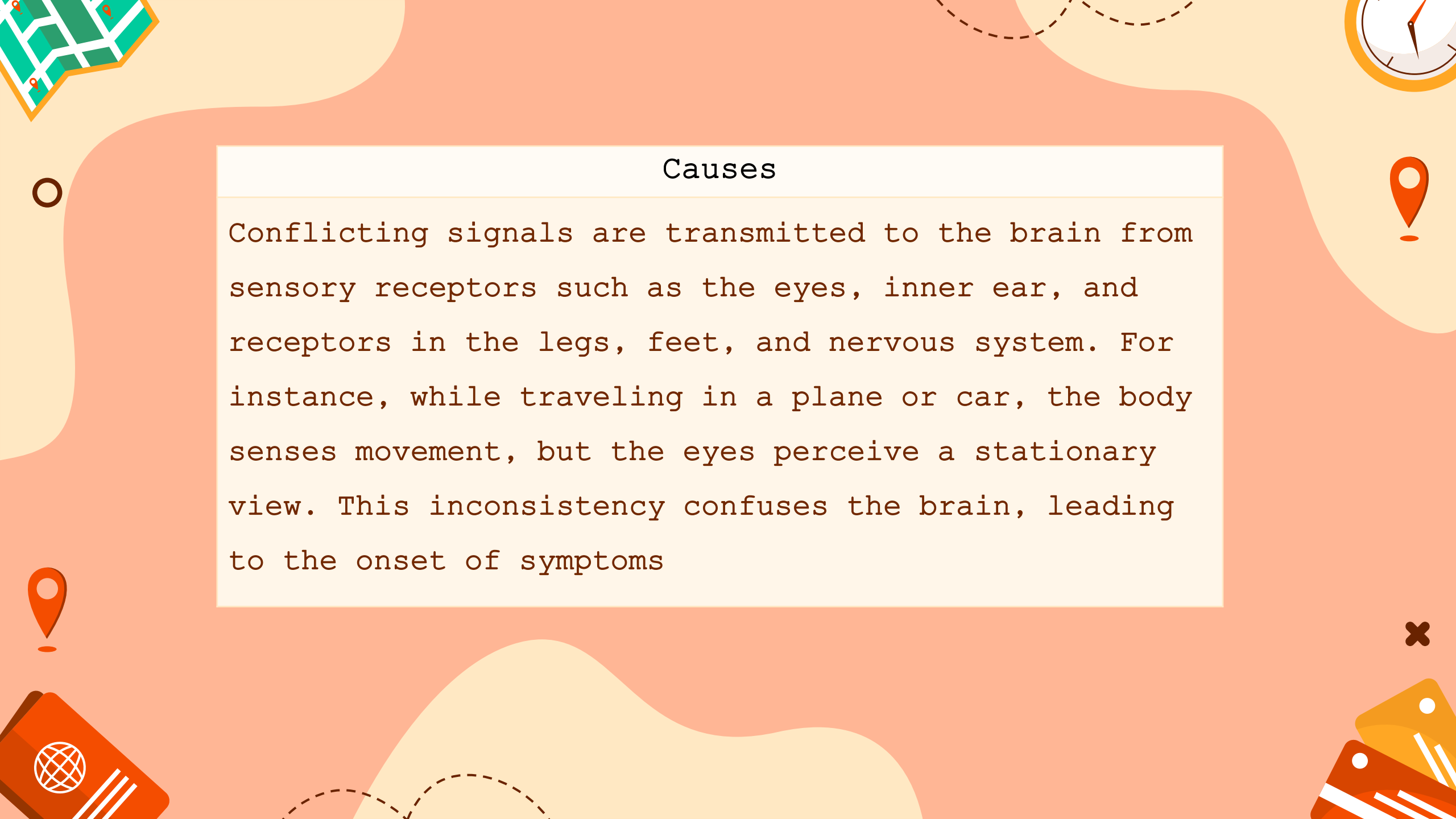
It is a sensation characterized by nausea, potential vomiting, and dizziness experienced when traveling by ships, boats, cars, planes, or even when riding amusement park rides or watching 3D movies where the phenomenon is commonly referred to as digital motion sickness.



At risk group include:

- . Children aged 2 to 12 years.
- . Pregnant women.
- . Individuals who suffer from migraines.







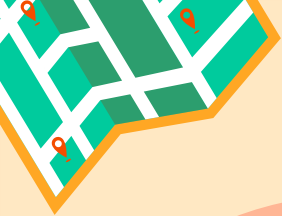
Causes

○ Conflicting signals are transmitted to the brain from sensory receptors such as the eyes, inner ear, and receptors in the legs, feet, and nervous system. For instance, while traveling in a plane or car, the body senses movement, but the eyes perceive a stationary view. This inconsistency confuses the brain, leading to the onset of symptoms


Symptoms

- Nausea and vomiting.
- Pallor.
- Dizziness and drowsiness.
- Headache.
- Yawning.
- Sweating and drooling.
- Shortness of breath.
- Fatigue and general discomfort.






Treatment options









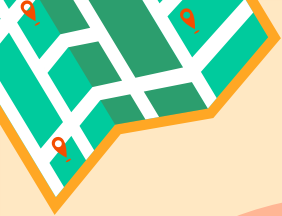
It's important to consult with a healthcare professional before taking any medication

Antihistamines: These are commonly used medications for alleviating motion sickness and dizziness. They can be taken orally or as suppositories approximately two hours before traveling.



Anticholinergics: Another option is anticholinergic medication, which can be taken in pill form, syrup, nasal spray, or applied trans dermally via patches placed behind the ear. It's typically administered 6 to 8 hours before travel.





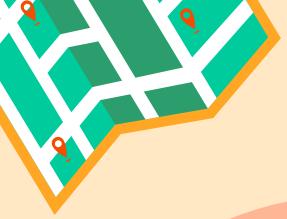
Prevention

- Reduce sensory inputs by looking at things outside the car.
- Take a nap during travel.
- Ensure good ventilation
- Sit in the front seats when riding in a car or bus.
- Choose a window seat when flying or riding trains.
- Lie down or close your eyes, or gaze into the distance
- Stay hydrated by drinking water.



Prevention

- Avoid consuming alcohol, caffeine, and smoking.
- Eat several small meals instead of large ones.
- Try to distract yourself with other activities, such as talking or listening to something entertaining
- Use flavoured foods, such as ginger candy



We are all
Health promoters

Thank you

