

Safety Tip

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Health tips for travellers

If you are planning to go on a trip during the holidays, make sure to take precautions to protect your health.



Diseases

Travelling abroad can put you at risk of contracting a disease that may not be common in India. Before travelling to any destination, check WHO website for current potential risks and recommendations to reduce these risks.



Vaccination

Vaccines may be recommended depending on your age, planned travel activities and local conditions. Remember that preventing diseases through vaccination is a lifelong process.



Insect bite prevention

Many travel-related diseases are transmitted by infected mosquitoes, ticks, fleas or flies. Take protective measures to reduce risk.



Eat and drink safely

Many travellers' illness are caused by eating food or drinking beverages contaminated by bacteria, parasites or viruses. Take precautions with food. Boil it, cook it, peel it or leave it.



Sun and heat safety

Strong sunlight and extreme heat can be dangerous to your health. Use "broad spectrum" sunscreen.



Travelling while pregnant

With careful preparation, travelling while pregnant can be safe, but there are additional risks and challenges to be taken into consideration. Consult your health care provider or visit a travel health clinic to discuss your travel plans.



Older travellers

Older travellers may have medical conditions that are important to be considered before and during travel.



Travelling with a medical device

Plan in advance, check with your doctor and avoid problems at airport security.



Travelling with medication

Make sure your medication won't cause you any problems while you're abroad or when you return.



Source: Open

Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.