

COMMON HEALTH CONDITIONS AFFECTING FEMALE TRAVELLERS:

Traveller's Diarrhoea

Respiratory Infections

Urinary Tract Infections

Injuries

DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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The number of women that travel abroad for business increases yearly

A 2015 survey on travellers found that

56%

of the women travellers had experienced an illness while abroad, most commonly a gastrointestinal problem.

80%

of the women travellers have worried about their personal safety while abroad, with financially motivated crimes being the most common concerns.

11% had suffered an insect-borne disease (e.g. dengue, malaria)

9% ran out of medication during their trip

9% got bitten by an animal

Statistically, women travellers are MORE LIKELY than male travellers to have experienced:

1. Psychological stress
2. Medication reaction
3. Dental problems

TRAVEL HEALTH TIPS



RESEARCH the health risks of your destination.



Have a check up with your **DOCTOR** and **DENTIST** before you travel.



Check your **VACCINATIONS** are up to date.



Ensure you **MONITOR** for outbreaks of infectious diseases.



Pack a basic **FIRST AID** kit.



Keep all medication in its **ORIGINAL PACKAGING**. Pack a **COPY** of your prescription with the drug.

WOMEN'S TRAVEL RISK GUIDE



Control Risks

TRAVEL SECURITY TIPS

No matter where you are in the world, the same **SAFETY PRINCIPLES** apply. It is important to **UNDERSTAND** the risks and dangers, and **REDUCE** the risk as much as possible.

KNOW WHERE YOU ARE GOING.

FAMILIARISE yourself with your destination.

DO YOUR PLANNING.

PLAN your trip prior.

PRE-BOOK YOURSELF

ONLINE where possible.

UNDERSTAND THE POTENTIAL

PRIMARY SECURITY THREATS in the country you are travelling to.



BE CONFIDENT

and stay calm in uncertain situations.

Use your

COMMON SENSE



Learn to say:

NO. THANK YOU.

STAY ALERT

of your surroundings.



BLEND IN

don't draw attention to yourself.

LOOK THE PART.

Dress according to the countries culture's.



Keep copies of important documentation separate from the originals.



Always keep your passport with you.



Don't carry too much cash with you.



Keep spare money hidden separately.



Use credit or travel cards.



Don't wear expensive jewellery.



AVOID TRAVELLING

by foot or alone where possible.



DON'T SHARE A TAXI

WITH STRANGERS. Rely on hotel taxi transport if you have a choice.



TRY TO ARRIVE AT DESTINATION BEFORE DUSK. Avoid driving at night.



PROGRAMME MOBILE PHONE WITH KEY CONTACTS.

Ensure your battery is always charged.



GIVE SOMEBODY at home your itinerary.



BE SENSITIVE to local customs and traditions.