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

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.

Common health conditions affecting female travellers:
- Traveller's diarrhoea
- Respiratory infections
- Urinary tract infections
- Injuries

Disclaimers:
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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International SOS

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.

**BE CONFIDENT** and stay calm in uncertain situations.

- 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.

**BE COMMON SENSE**

- Learn to say: **NO. THANK YOU.**
- Don’t carry too much cash with you.
- Keep spare money hidden separately.
- Use credit or travel cards.
- Don’t wear expensive jewellery.

**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.

**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.

**BE CONFIDENT** and stay calm in uncertain situations.

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