

# CHECKLIST DURING TRAVEL

DOs	DONT'S
<i>General safety</i>	
Be aware of traffic accidents and wear a seatbelt and a helmet.	Do not accept money changing in the street; go to a bank or an official money changer.
Inform your family and friends if you travel to an isolated or risky area.	Do not consider that anyone, including yourself, is at zero risk of carrying one or more sexually transmitted infection(s).
Carry emergency numbers with you.	Do not stop your regular medication, or your malaria prophylaxis if you are in a high malaria risk area.
<i>Food and water safety</i>	
Remember food and water safety measures.	Do not eat undercooked or raw food.
Practice regular hand hygiene.	Do not drink water from the tap.
Eat what you can peel, boil or cook.	Do not drink beverages with locally made ice-cubes.
Drink bottled, sealed or disinfected water.	Do not eat non-commercial ice creams, especially from street vendors.
<i>Safety with animals</i>	
Seek medical help after bite of poisonous animals (including scorpion, snakes, stingray, jellyfish).	Do not cut open wounds after bites of poisonous animals or apply a tourniquet.
Seek medical help <b>immediately</b> after any animal bite or scratch wound (CAVE rabies risk!), after proper washing and disinfection of the wound.	Do not let children play with animals or pet them.
Get immunized immediately against rabies if bitten or scratched by any mammal in a rabies-endemic country.	Do not touch animals, including pets that may not be vaccinated against rabies.
<i>Environmental safety</i>	
Keep yourself cool and protected in the sun.	Do not bathe or swim in ponds, lakes or rivers in schistosomiasis endemic countries.
Practice insect bite prevention during day and night, also in the cities.	Do not perform intense physical exercise outside if there is high air pollution or extreme heat.
<i>If you are ill</i>	
Get tested immediately for malaria if you have a fever >37,5° C while - or after - being in a malaria endemic region.	Do not wait days until consulting a doctor in case of fever during or after a stay in the tropics.
Seek medical help if you have severe (e.g. bloody) diarrhea.	