

# PLAN!

GET TRAVEL ADVICE

FROM A GP

OR TRAVEL CLINIC

4-6 WEEKS

BEFORE YOU

*Travel*

Many travellers and holidaymakers do not leave enough time to book in their travel vaccinations or antimalarials.

Visit the NHS Fit for Travel website (<http://www.fitfortravel.nhs.uk>) for guidance on recommended vaccinations for the countries you are visiting.

## PREPARE & PROTECT

1

Visit NHS Fit for Travel or Bug Off website

2

Book your travel health appointment

3

Buy, wear and reapply your insect repellent

4

Pack and sleep under a bednet each night

5

Visit a doctor if you feel unwell

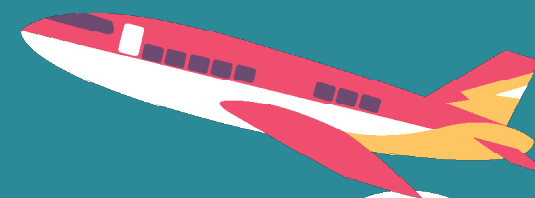
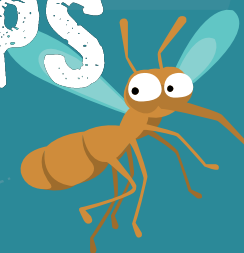
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## TOP TIPS FOR TROPICAL TRAVEL



**BUG  
Off!**

[WWW.BUG-OFF.ORG](http://WWW.BUG-OFF.ORG)

# MOSQUITOES CAN TRANSMIT DISEASES WHEN THEY BITE

Diseases such as malaria, dengue fever, Zika virus and yellow fever are all transmitted from person to person through the bite of a mosquito.



Mosquitoes inhabit nearly every country on the planet. Though only some transmit diseases, it's important to know how to protect yourself and your family from those pesky mozzies.

Vaccinations, bed nets, antimalarial tablets and insect repellents are the best ways to stay protected. But remember to reapply your repellent because...

**MOSQUITOES CAN**  
**BITE**  
**BOTH DURING THE DAY**  
**AND THE NIGHT**

## HOW DO YOU KNOW IF YOU HAVE BEEN BITTEN?

The characteristic red itchy bite?! Not everyone will experience a visible reaction to being bitten. This is because it is an immune reaction, and everyone has a different immune response.

So even if you don't normally experience bites, use repellent!

**IN HIGH RISK**  
*tropical areas*

YOU SHOULD USE INSECT REPELLENTS

**CONTAINING 20-50%**

OF THE ACTIVE INGREDIENT

**DEET OR PMD**

**ICARIDIN OR IR3535**



IN OUR RECENT STUDY  
**AT LONDON**  
HEATHROW AIRPORT,  
WE FOUND THAT

**74%**

OF TRAVELLERS HAD  
**NOT VISITED**

A TRAVEL CLINIC PRIOR TO THEIR

*Holidays*

DESPITE TRAVELLING TO A

**TROPICAL**  
**DESTINATION**