



Pre Travel Planning

Thorough preparation before travel is necessary to ensure that you have an enjoyable, worry free trip. Mana Medical Centre offers a full range of pre and post travel health advice, medications and vaccinations. Mana Medical Centre is a **WHO approved Yellow Fever Vaccination Centre**.

Travel health advice should begin as soon as possible. Fill in our travel check sheet with a full itinerary, including dates and places you intend to travel to. We encourage you to contact us at least 8 weeks prior to travel to enable a vaccination and advice program to be set up. Those with significant chronic illness, undertaking high risk activities, or planning prolonged stays should seek advice as early as possible. A pre travel dental check is advised.

A pre travel check looks at the **risks** associated with your particular trip.

- Risks associated with injury accounts for approximately 35% of deaths in travellers. These are mainly related to motor vehicle and other accidents. There are increased risks associated with dog bites leading to possible Rabies, and the risks of the physical environment, i.e. altitude, heat and cold.
- Insect bites are common, and can lead to diseases like malaria and dengue fever. Advice on avoidance measures ie using netting, repellents and appropriate clothing is given.
- Poor quality water and poor food handling is common.
- Risks associated with swimming and water sports, include drowning and diseases such as schistosomiasis and leptospirosis.
- Travel and vacations may lead to sexual indiscretions, with an increased risk of HIV and STDs.
- It is important to have comprehensive travel insurance, including emergency evacuation cover, and cover for adventure activities. Travel documents, passports and credit cards need to be kept in a safe place and photocopied. It is crucial to let others know of your travel plans and whereabouts. Cell phones can give easy access to home.

Vaccines may be needed. These include:

- Updates on routine immunisations for **diphtheria, tetanus, measles, mumps, rubella and polio** if needed.
- **Hepatitis A** is almost always advised for visits to developing countries.
- Special vaccines may be advised to prevent diseases in certain destinations:
 - **Typhoid** in Asia, Africa, Middle east, Latin & South America
 - **Yellow Fever** in parts of Africa and South America.
 - **Japanese Encephalitis, Hepatitis B** and **Rabies** for travellers spending over a month in infected areas.
 - Some travellers may require protection against **Meningococcal Meningitis, Influenza, Cholera and Pneumococcal diseases.**
 - Medications may be required for some travellers:

Adequate quantities of regular medications should be carried, and divided between hand luggage and luggage in the hold of the aeroplane. A letter documenting your medications, their doses and what they are for should be supplied by your own GP.

Register your travel at www.safetravel.govt.nz NB: warnings are often made in time of natural disaster and conflict by the NZ government. Ignoring these warnings may affect your travel insurance.