

Overseas Travel

Before travelling overseas, particularly for the first time, it is important to be aware of risks of diseases which may be encountered, and to take precautions in order to protect yourself.

In many areas of the world, food and water are less safe than in Australia, and foodborne illness is a common problem. In some countries there is significant risk of contracting diseases such as malaria or HIV, so it is important to know how to protect against these. Travellers who are contemplating tattoos, body piercing or cosmetic surgery overseas need to know that this may put them at increased risk of infection with bloodborne viruses such as hepatitis B and C.

When planning your trip, a visit to your doctor or to a travellers' health centre well in advance of departure (at least one month) will be time well spent. Check that all your routine vaccinations – including measles – are up-to-date, and get special advice for the areas to which you are travelling. Travel health centres can advise on avoiding common travel health problems such as travellers' diarrhoea, and also provide recommended or required vaccinations and medication.

For details of recommended and required vaccinations and medications contact your doctor or:

Globe Medical

21 Hindmarsh Square
Adelaide SA 5000
Phone: (08) 8232 7372

The Travel Doctor

7-29 Gilbert Place
Adelaide SA 5000
Phone: (08) 8212 7522

Travel-Bug Medical and Vaccination Clinic

182 Ward Street
North Adelaide SA 5006
Phone (08) 8267 3544

Useful websites

- > **World Health Organization**
<http://www.who.int/ith/index.html>
- > **Travel Clinics Australia**
<http://www.travelclinic.com.au/travel-health.asp>
- > **Centers for Disease Control and Prevention (CDC)**
<http://www.cdc.gov/travel/default.aspx>
- > **The Travel Doctor**
<http://www.traveldoctor.com.au>
- > **Smartraveller.gov.au**
<http://www.smartraveller.gov.au/tips/travelwell.html>
- > **Globe Medical**
<http://www.globemedical.com.au>