

**TRAVEL RISK ASSESSMENT FORM - Ideally to be completed by traveller prior to appointment**

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| Name: | | | | | | Country of origin: | | | | | | | | | | |
| Date of birth: | | | | | | | | | | |
| Male Female | | | | | | | | | | |
| E mail: | | | | | | Telephone Number:  Mobile Number: | | | | | | | | | | |
| **Please supply information about your trip in the section below** | | | | | | | | | | | | | | | | |
| Country to be visited | | | | Exact location or region | | | | | | City or Rural | | | | | Length of stay | |
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| Have you taken out insurance for this trip?  Do you plan to travel abroad again in the future? | | | | | | | | | | | | | | | | |
| **Type of holiday and purpose of trip- Please tick all that applies** | | | | | | | | | | | | | | | | |
| * Holiday * Business trip * Voluntary work * Healthcare worker * Visiting friends/family | | | * Cruise Ship * Hotel stay * Safari * Pilgrimage * Adventure | | | * Medical tourism * Backpacking * Camping * Hostels * Diving | | | | | | | Additional information: | | | |
| **Are you taking any medication (including prescribed, purchased or a contraceptive pill)?** | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | |
| **Please supply details of your personal medical history** | | | | | | | | | | | | | | | | |
|  | | | | | | | | Yes | No | | Details | | | | | |
| Are you fit and well today | | | | | | | |  |  | |  | | | | | |
| Any allergies | | | | | | | |  |  | |  | | | | | |
| Severe reaction to a vaccine before | | | | | | | |  |  | |  | | | | | |
| Tendency to faint with injections | | | | | | | |  |  | |  | | | | | |
| Any surgical operations in the past | | | | | | | |  |  | |  | | | | | |
| Recent chemotherapy/radiotherapy/organ transplant | | | | | | | |  |  | |  | | | | | |
| Anaemia | | | | | | | |  |  | |  | | | | | |
| Bleeding/clotting disorder (including history of DVT) | | | | | | | |  |  | |  | | | | | |
| Heart disease (angina, high blood pressure) | | | | | | | |  |  | |  | | | | | |
| Diabetes | | | | | | | |  |  | |  | | | | | |
| Epilepsy/ seizures | | | | | | | |  |  | |  | | | | | |
| Gastrointestinal (stomach) complaints | | | | | | | |  |  | |  | | | | | |
| Liver and/or kidney problems | | | | | | | |  |  | |  | | | | | |
| HIV/AIDS | | | | | | | |  |  | |  | | | | | |
| Immune system condition | | | | | | | |  |  | |  | | | | | |
| Mental health issues (including anxiety and depression) | | | | | | | |  |  | |  | | | | | |
| Neurological (nervous system) illness | | | | | | | |  |  | |  | | | | | |
| Respiratory (lung) problems | | | | | | | |  |  | |  | | | | | |
| Rheumatology (joint) conditions | | | | | | | |  |  | |  | | | | | |
| Spleen problems | | | | | | | |  |  | |  | | | | | |
| Other conditions | | | | | | | |  |  | |  | | | | | |
| **Women only** | | | | | | | |  |  | |  | | | | | |
| Are you pregnant | | | | | | | |  |  | |  | | | | | |
| Are you breastfeeding | | | | | | | |  |  | |  | | | | | |
| Are you planning pregnancy whilst your away | | | | | | | |  |  | |  | | | | | |
| Have you undergone FGM/ been cut/ circumcised | | | | | | | |  |  | |  | | | | | |
| **Please supply information on any vaccines or malaria tablets you have taken in the past** | | | | | | | | | | | | | | | | |
| MMR |  | Tetanus/polio/diptheria | | |  | | Influenza | | | | |  | | Typhoid | |  |
| Hepatitis A |  | Pneumococcal | | |  | | Cholera | | | | |  | | Hepatitis B | |  |
| Meningitis |  | Japanese encephalitis | | |  | | Rabies | | | | |  | | Yellow fever | |  |
| BCG |  | Tick borne encephalitis | | |  | | Malaria tablets | | | | |  | | other | |  |
| Any additional information | | | | | | | | | | | | | | | | |



**Travel Health Advice Leaflet**

The following information will help you to stay healthy on your trip. Please read prior to your appointment. Further sources of information can be found on the final page, providing you with additional advice including country specific vaccination recommendations.

**FOOD**

Drinking contaminated water, or swimming in it or eating contaminated food is the commonest source of many diseases abroad. This includes water used to make ice cubes in drinks and water for cleaning your teeth. You can help prevent illness by following these guidelines for advice on consuming food and beverages:

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| --- | --- | --- | --- |
| Category | Safe | Probably safe | unsafe |
| Beverages | * Carbonated soft drinks * Carbonated water * Boiled water * Purified water | * Fresh citrus juices * Bottled water | * Tap water * Chipped ice * Unpasteurized milk |
| food | * Hot thoroughly grilled, boiled * Processed and packaged * Cooked vegetables and peeled fruits | * Dry items * Hyperosmolar items (such as jam) * Washed vegetables and fruit | * Salads * Sauces and salsa * Raw or poorly cooked meats * Unpeeled fruits * Cold desserts |
| Setting | * Recommended restaurants | * Local homes | * Street vendors |

**SWIMMING**

If you are travelling to Africa, South America or some parts of the Caribbean, avoid swimming in fresh water lakes and streams. You can catch a parasitic disease called schistosomiasis from such places. Diseases can also be caught from sand and soil so it is advisable to not go barefoot.

**PERSONAL HYGIENE**

Many diseases are transmitted by what is known as the ‘faecal-oral’ route. To help prevent this, always wash your hands with soap and clean water after going to the toilet, before eating and before handling food. Using hand gel is another sensible option.

**TRAVELLERS’ DIARRHOEA**

This is the **most common illness** that you will be exposed to abroad and there is **NO vaccine against it.** Diarrhoea is caused by eating and/or drinking food and water contaminated by bacteria, viruses or parasites. Risk of illness is higher in some countries than others.

* **High risk areas** include North Africa, sub-Saharan Africa, the Indian Subcontinent, S.E. Asia, South America, Mexico and the Middle East.
* **Medium risk areas** include the northern Mediterranean, Canary Islands and the Caribbean Islands.
* **Low risk areas** include North America, Western Europe and Australia

You can certainly help **prevent** travellers’ diarrhoea in the way you **behave** - make sure you follow the food, water and personal hygiene guidelines already given.

**Travel well prepared**

A good tip is to take oral rehydration solutions with you for example:

**DIORALYTE or ELECTROLADE or DIORALYTE RELIEF.** Take care regarding their use in very small children and seek medical advice where necessary.

**Anti diarrhoeal tablets** can be used for adults but should NEVER be USED in children under 4 years of age, and only on prescription for children aged 4 to 12 years.

**None of these tablets should ever be used if the person has a temperature or blood in the stool.**

**Contact medical help if the affected person has:-**

* A temperature
* Blood in the diarrhoea
* Diarrhoea for more than 48 hours (24 hours in children)
* Becomes confused

A woman taking the oral contraceptive pill may not have full contraceptive protection if she has had diarrhoea and vomiting. Extra precautions must be used - refer to your ‘pill’ information leaflet. If using condoms, take a supply of good quality ones with you which are CE approved.

**HEPATITIS B and HIV INFECTION - these diseases can be transmitted by**

* Blood transfusion
* Medical procedures with non-sterile equipment
* Sharing of needles (e.g. tattooing, body piercing, acupuncture and drug abuse)
* Sexual contact — Sexually transmitted infections or STIs are also transmitted this way

**Ways to protect yourself**

* If traveling to a resource poor country, take a sterile medical kit with you
* Avoid procedures e.g. ear or body piercing, tattooing and acupuncture
* Avoid casual sex, especially without condoms

**INSECT BITES**

Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases. e.g. malaria, dengue fever, yellow fever. Some bite at night, but some during daytime so protection is needed at all times.

* Covering up skin as much as possible if going out at night. Wear loose fitting clothes, long sleeves, trousers or long skirts.
* Use insect repellents on exposed skin. (DEET containing products are the most effective. A content of up to 50% DEET is recommended for tropical destinations). Check suitability for children on the individual products. If using sunscreen always apply first, followed by an insect repellent spray on top.
* If room is not air conditioned, but is screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, these are common breeding areas for mosquitoes etc.
* Electric insecticide vaporisers are very effective as long as there are no power failures!
* There is **no scientific evidence** that electric buzzers, savoury yeast extract, tea tree oil, bath oils, garlic and vitamin B are effective.
* Homeopathic and herbal medications should NEVER be used as an alternative to conventional measures for malaria prevention.

**MALARIA**

Malaria is a disease spread by mosquitoes, there is no vaccine yet available. Remember malaria is a serious and sometimes fatal disease. If you develop flu like symptoms, including fever, sweats, chills, feeling unwell, headaches, muscle pains, cough, diarrhoea – then seek medical help immediately for advice and say you’ve been abroad. This is VITAL, don’t delay. Remember the ABCD of malaria prevention advice:

**A**wareness of the risk

**B**ite prevention

**C**hemoprophylaxis (taking the correct tablets)

**D**iagnosis (knowing the symptoms and acting quickly)

**ANIMAL BITES**

Rabies is present in many parts of the world. If a person develops rabies, death is 100% certain.

**THERE ARE 3 RULES REGARDING RABIES**

1. Do not touch any animal, even dogs and cats
2. If you are licked on broken skin, scratched or bitten by an animal in a country which has rabies, wash the wound thoroughly with soap and running water for 10 - 15 minutes, then apply an antiseptic solution if possible e.g. iodine or alcohol. Such precautions also apply if you are licked by the animal with their saliva coming into contact with your eyes or inside your mouth (essentially any mucous membranes)
3. Seek medical advice **IMMEDIATELY**, even if you have been previously immunised, **this is absolutely essential**

**ACCIDENTS**

Major leading causes of death in travellers abroad are due to **accidents**, predominantly road traffic accidents and swimming/water accidents. You can help prevent them by following sensible precautions

**PRECAUTIONARY GUIDELINES**

* Avoid alcohol and food before swimming
* Never dive into water where the depth in uncertain
* Only swim in safe water, check currents, sharks, jellyfish etc.
* Avoid alcohol when driving
* Avoid hiring motorcycles and mopeds
* Use reliable taxi firms, know where emergency facilities are

**PERSONAL SAFETY AND SECURITY**

The Foreign and Commonwealth Office (FCO) provide excellent information about this. They have information for many different types of travel and advise on travel to specific destinations in times of political unrest and natural disasters. Go to their website for more information:<https://www.gov.uk/government/organisations/foreign-commonwealth-office>

**INSURANCE COVER**

Take out adequate insurance cover for your trip. This should possibly include medical repatriation as without it, this service is extremely expensive if needed. If you have any pre-existing medical conditions, make sure you inform the insurance company of these details and check the small print of the policy thoroughly.

**AIR TRAVEL**

It is sensible on any long haul flight to be comfortable in your seat. Exercise your legs, feet and toes while sitting every half an hour or so and take short walks whenever feasible. Upper body and breathing exercises can further improve circulation. Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration. Further information can be obtained from the websites detailed at the end of this leaflet with more specific advice and information on travel-related deep vein thrombosis.

**SUN AND HEAT**

Sunburn and heat-stroke cause serious problems in travellers but in the long term can be a serious cause of skin cancer. There is no such thing as a safe suntan, but the following advice should be taken:

PRECAUTIONARY GUIDELINES

* Increase sun exposure gradually, with a 20 minute limit initially.
* Use sun blocks which contain both UVA and UVB protection and sufficient sun protection factor (SPF)
* Always apply sunscreen first followed by an insect repellent spray on top
* Wear protective clothing – sunhats, T shirts and sunglasses etc.
* Avoid going out between 11am - 3pm, when the sun’s rays are strongest
* Take special care of children and those with pale skin/red hair
* Drink extra fluids in a hot climate – be aware alcohol can make you dehydrated

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| --- | --- |
| **Name/description** | **Web address** |
| **NaTHNaC** - National Travel Health Network and Centre England based general advice on all aspects of travel and country specific information, including malaria maps and vaccination reccommendation | <http://travelhealthpro.org.uk/> |
| **Fit for Travel** - Scottish NHS public travel site for general advice on all aspects of travel and country specific information, including malaria maps | [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) |
| **FCO** - Foreign & Commonwealth Office, especially useful for safety and security and specific pages for types of travellers, e.g. gap year, responsible tourism. Also look at ‘Our Publications’ | <https://www.gov.uk/foreign-travel-advice> |
| **Kids Travel Doc™** - a paediatrician’s guide to travel and outdoor recreational activities | [www.kidstraveldoc.com](http://www.kidstraveldoc.com) |
| **Google translate** – Free online translation service | <http://translate.google.com> |