



Being aware of the potential diseases you are at risk from on your holiday will ensure you stay as healthy as possible, and that you enjoy your holiday!

The following diseases can be prevented with vaccination or medication, however no vaccine is 100% effective. Preventative medication is unavailable for sexually transmitted diseases (STDs) and some mosquito-borne diseases so employing ways of avoiding infection is essential.

IN WHAT YOU MIGHT EAT

Gastroenteritis Hepatitis A

This is a viral infection that is spread by contaminated food, water and person-to-person contact. Symptoms include jaundice (yellowing of the whites of the eyes and skin), fatigue, nausea, stomach pains, fever, pale stools and dark urine.

What can you do?

- Have the appropriate vaccine before travelling (available at the practice). This vaccination is almost 100% effective, and is very long lasting provided you receive a booster 6-12 months later.
- Only drink bottled water
- Avoid pre-prepared salads
- Peel all fruit
- Avoid raw seafood and oysters

Typhoid

This is spread by contaminated food and water. Typhoid is a bacterium that spreads from the digestive tract to attack the whole body. It can be a

life-threatening condition, symptoms include high fever, headache, tiredness, loss of appetite, dizziness, abdominal pain, nausea plus constipation or diarrhoea.

What can you do?

- Have the appropriate vaccine before travelling (available at the practice). This is a very effective vaccination, and will last for 3 years.
- Only drink bottled water
- Avoid pre-prepared salads
- Peel all fruit

Cholera

Cholera is spread by contaminated food and water. It causes acute, profuse watery diarrhoea, which can lead to severe dehydration which can become life-threatening within 24 hours.

What can you do?

- Vaccination is available through a prescription from your doctor
- Only drink bottled water
- Peel all fruit
- Avoid pre-prepared salads

Ensure you take electrolyte replacements with you

WHAT MIGHT BITE YOU

Malaria

This is a parasitic disease carried by mosquitoes. It initially causes flu-like symptoms but can progress to seizures, coma, breathing and kidney problems. The mosquitoes bite predominantly between dusk and dawn.

What can you do?

Avoid mosquito bites by...

- using a good repellent with DEET in it
- wear long sleeves and trousers
- sleep under mosquito nets or behind fly screens
- Discuss antimalarial tablets with your doctor

Yellow fever

This is a virus carried by mosquitoes that causes nausea, vomiting, bleeding, abdominal pains and jaundice.

What can you do?

Vaccination is available at the practice.

Avoid mosquito bites by...

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- ✓ using a good repellent with DEET in it
- ✓ wear long sleeves and trousers
- ✓ sleep under mosquito nets/behind fly screens

Rabies

This is a viral infection of the brain that is transmitted when bitten, scratched or licked by an infected animal. It is fatal if not treated promptly.

What can you do?

- Avoid contact with animals i.e. dogs, cats, monkeys
- Vaccination is available - discuss with GP
- If you receive a bite, scratch or lick on an open wound, wash wound immediately with clean water and antiseptic solution, then apply Betadine ointment.
- Seek prompt medical treatment .

Japanese Encephalitis

This is a virus transmitted by mosquitoes predominantly in the rainy season in parts of Asia. The virus attacks the brain and leads to confusion, and sometimes death.

What can you do?

Have the appropriate vaccine before travelling if planning to be in a rural area for a few weeks

Avoid mosquito bites by..

- using a good repellent with DEET in

it

- wear long sleeves and trousers
- sleep under mosquito nets or behind fly screens

WHAT YOU CAN CATCH

Hepatitis B

This is a viral infection of the liver. It is a blood-borne virus and can be spread by sexual contact, contaminated blood, needles, body piercing and tattooing.

What can you do?

- Have the appropriate vaccine before travelling (available at the practice). A full course of 3-4 vaccinations is very effective and long lasting
- Always practice safe sex
- Never re-use syringes
- Never share razors or toothbrushes
- Do not get tattooed

Meningococcal disease

This is a bacterial infection. It is spread through coughing, sneezing and direct contact with an infected person. The symptoms are headaches and general malaise. This disease can cause death.

What can you do?

Discuss vaccination with your doctor/nurse

Influenza

The flu is a viral illness which is transmitted by coughing, sneezing and contact. It causes generalised aches, fever and malaise.

What can you do?

Discuss vaccination with your doctor/nurse

Tetanus

Tetanus is a bacterial infection that lives in soil, saliva, dust and manure. It is contracted via 'dirty' wounds i.e. a rusty nail or soil covered knife.

What can you do?

Discuss vaccination with your doctor/nurse

Polio

Polio is a viral disease spread in human waste. It is most often caught through consuming contaminated water and food. Symptoms include fever, tiredness, vomiting, leg and arm pain and can lead to paralysis.

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