

Travel health infographics

Topical infographics offering essential travel health tips and advice for safe and enjoyable trips

NaTHNaC have produced a series of topical infographics for travellers, travel health professionals, the travel industry and any other organisations that advise travellers.

Designed to visually engage travellers and focusing on key points to provide essential soundbites for safe and healthy travel, these infographics cover a range forthcoming international events. They include advice to help prevent common travel-related infections and travel tips to ensure travellers have a trip that is memorable for all the right reasons.

Clinics and the travel industry may find them a useful tool to help disseminate information to travellers and a helpful social media resource.

Olympics 2024

STAY BITE FREE IN FRANCE: OLYMPICS 2024
Protect Yourself Against Insect and Tick Bites

Off to France for the Olympics?
 Increased infections spread by mosquitoes and ticks have been reported in some areas.

Remember to pack insect repellent and protect yourself against insect and tick-spread infections while you are away.

Check the TravelHealthPro Country Information page for up to date information

Check your body for ticks after any outdoor activities and make sure you know how to remove them safely

Keep to footpaths and avoid long grass to avoid tick bites

Wear loose-fitting clothing, with long sleeves and long trousers

Wear light-colored clothes to help you spot mosquitoes, ticks, and other insects

Regularly apply insect repellent (ideally containing DEET) after sunscreen

Wear light-colored clothes to help you spot mosquitoes, ticks, and other insects

Check the Foreign, Commonwealth & Development Office safety and security advice (gov.uk/foreign-travel-advice)

Check specific disease risks, vaccine recommendations and possible certificate requirements on our country pages here

If you have a fever, flu like symptoms and/or a rash after you return to the UK from France, get urgent medical attention.
 Remember to tell your doctor you recently visited France - let them know if you were bitten by any insects or ticks.

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Travel Tips for Students and Backpackers

TRAVEL TIPS FOR STUDENTS AND BACKPACKERS

Prepare by researching your destinations, pack a first aid kit, get travel insurance and see our tips for safe and healthy travel:

- Drink alcohol in moderation, know what you're drinking, and never leave drinks unattended.
- Protect against the sun with sunscreen, sunglasses, hat, and cover up where possible.
- Stick with friends, share your location, and agree where and when to meet.
- Carry condoms and practice safer sex. Get tested if you're worried about an STI.
- Protect against insect / tick bites day and night, use repellents and cover up.
- Stay safe whatever your plans e.g. near water, on a moped or trekking.
- Follow good food and water hygiene rules and be prepared to manage travellers' diarrhoea.
- Be cautious of getting piercings or tattoos; safety standards may be poor.
- Rabies may be a risk, know what to do if you are bitten/scratched by an animal.
- Make sure routine vaccines like MMR are up to date.
- Check Foreign, Commonwealth & Development Office safety and security advice (gov.uk/foreign-travel-advice)
- Check specific disease risks, vaccine recommendations and possible certificate requirements on our country pages here

Get urgent medical help if you have a fever and/or a flu like illness. If you are back in the UK remember to tell your doctor or nurse which countries you have recently visited

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REFERENCES

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