

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.

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: stay and night, use repellents and cover up.

Stay safe whatever your plan: use your 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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