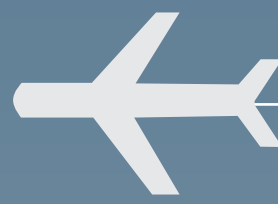


7 HEALTH RECOMMENDATIONS



FOR THE INTERNATIONAL TRAVELLER

1

BEFORE TRAVELLING YOU MAY NEED NEW VACCINATIONS

OR A BOOSTER FOR THOSE YOU ALREADY HAVE:



2

AS YET, THERE IS NO VACCINATION TO PREVENT MALARIA IN TRAVELLERS

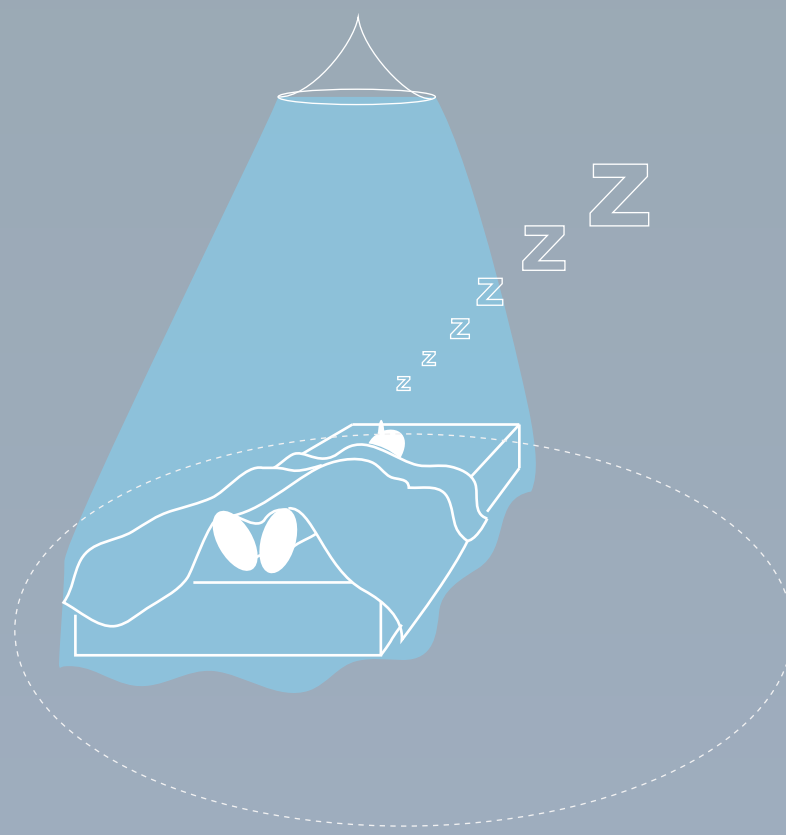
SO, DEPENDING WHERE YOU ARE TRAVELLING AND THE TIME OF YEAR, YOU SHOULD TAKE PREVENTIVE MEDICATION.



3

PROTECT YOURSELF FROM MOSQUITOS

IN TROPICAL COUNTRIES THEY CAN TRANSMIT DISEASES SUCH AS MALARIA, DENGUE FEVER AND YELLOW FEVER.



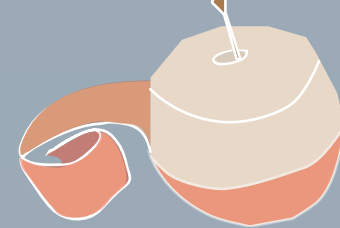
4

ONE OF THE MOST COMMON DISEASES IS TRAVELLER'S DIARRHOEA

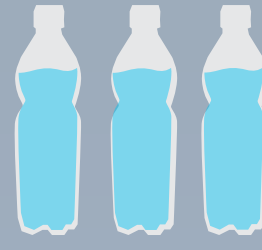
TAKE THE FOLLOWING MEASURES TO AVOID THIS PROBLEM:



WASH YOUR HANDS



PEEL ALL FRUIT



DRINK BOTTLED WATER



AVOID RAW FOOD

5

BE CAREFUL ABOUT SWIMMING IN FRESH WATERS!

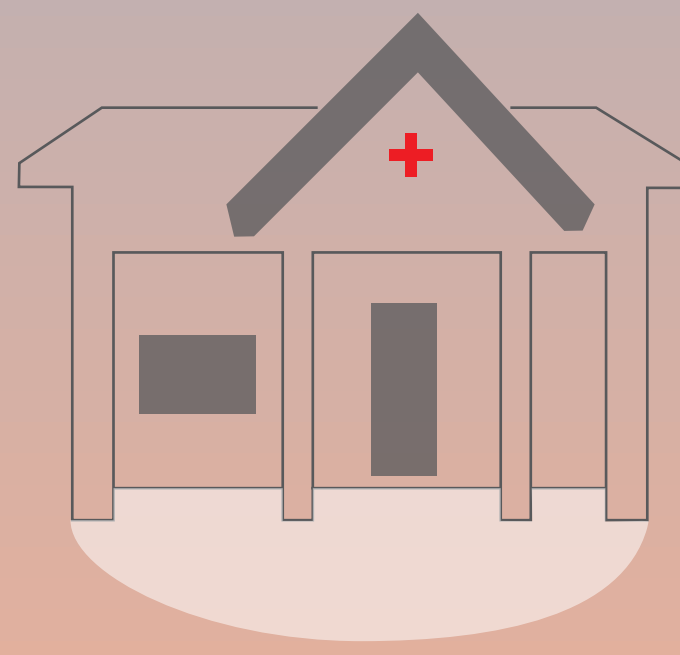
LAKES AND RIVERS IN SOME COUNTRIES CONTAIN PARASITES THAT CAUSE SCHISTOSOMIASIS.



6

IF YOU ARE BITTEN OR SCRATCHED BY A MAMMAL IT IS VERY IMPORTANT TO WASH THE WOUND THOROUGHLY AND GO DIRECTLY TO A MEDICAL CENTRE TO GET A RABIES VACCINATION.

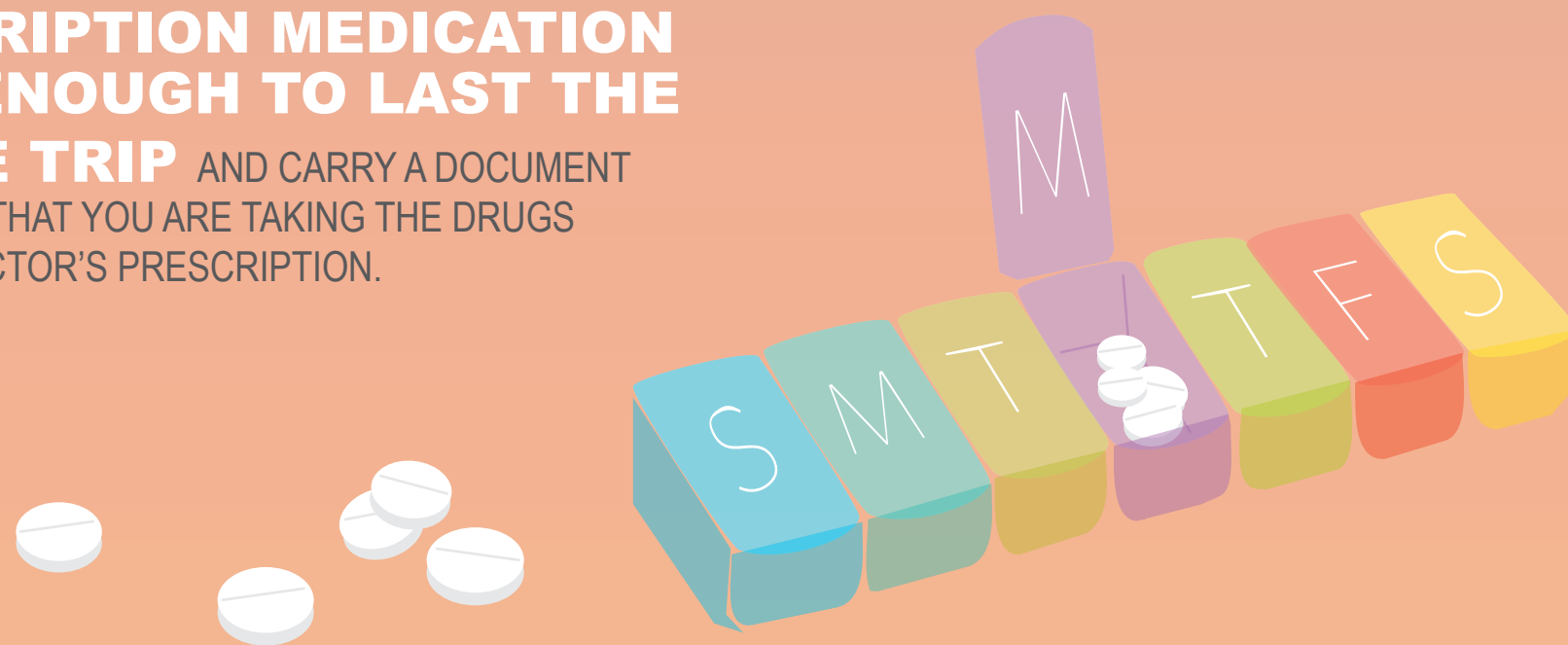
THE WOUND THOROUGHLY AND GO DIRECTLY TO A MEDICAL CENTRE TO GET A RABIES VACCINATION.



7

IF YOU ARE TAKING PRESCRIPTION MEDICATION PACK ENOUGH TO LAST THE ENTIRE TRIP

AND CARRY A DOCUMENT CERTIFYING THAT YOU ARE TAKING THE DRUGS UNDER A DOCTOR'S PRESCRIPTION.



THE MOST IMPORTANT FIRST STEP IS TO CONSULT AN INTERNATIONAL TRAVEL CLINIC THAT CAN PROVIDE INFORMATION ABOUT WHAT VACCINATIONS YOU NEED AND OTHER ADVICE REGARDING YOUR DESTINATION



Bon voyage!

For more information visit: http://www.barnaclinic.com/savi/en_index.html?servei