

Information for Patients – Tropical Travel

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The “Do’s” of Tropical Travel	The “Don’ts” of Tropical Travel
<p>Contact your physician</p> <ul style="list-style-type: none"> • At least 4 – 6 weeks before departure • Obtain individualized assessment of health risk. 	<p>Walk barefoot outdoors</p> <ul style="list-style-type: none"> • Footwear reduces insect and snake bites, injuries from cuts and puncture wounds and infections with parasites and fungi
<p>Prepare for travel</p> <ul style="list-style-type: none"> • Attend to minor ailments, dental care and additional eye wear as necessary • Assemble a medical kit to include a supply of any prescribed medicines, including antimalarial, antidiarrheal and analgesics (see list at end of page 2) • Obtain a letter regarding your current illnesses/prescriptions, especially narcotics • Consider a Medic Alert™ tag, health insurance and repatriation procedures. 	<p>Swim, bathe or wade in fresh water, rivers or lakes</p> <ul style="list-style-type: none"> • In areas endemic for schistosomiasis, including Africa, Brazil, parts of the Caribbean and Southeast Asia
	<p>Minimize risk exposure to potentially contaminated bodily fluids</p> <ul style="list-style-type: none"> • By avoiding tattoos, ear piercing, acupuncture, vaccinations, (in foreign countries except unless by properly qualified physician) • Follow safe sex guidelines • Diabetics on insulin should carry an adequate supply of needles and syringes • Devise a contingency plan for emergency medical care
<p>Take personal precautions against insect bites</p> <ul style="list-style-type: none"> • Use DEET containing insect repellants both day and night • Wear long sleeves and long pants as weather permits • Ensure screened accommodations, or use permethrin-impregnated bed nets 	<p>Minimize the risk of accidental injury</p> <ul style="list-style-type: none"> • Avoid riding motorcycles and travelling in overcrowded public vehicles • Avoid driving at night in rural areas