

Information for Patients – Tropical Travel

The “Do’s” of Tropical Travel (cont’d)	The “Don’ts” of Tropical Travel (cont’d)
<p>Acclimatize yourself</p> <ul style="list-style-type: none"> • Ensure you get adequate fluids and rest • Avoid alcohol and excess dietary salt, which contribute to hydration • Apply sunscreen of a sun-protection factor of 30 or higher • Wear loose-fitting, light-coloured cotton clothing • Consider slow acclimatization and prescription prophylaxis to prevent high-altitude sickness 	<p>Jeopardize personal security</p> <ul style="list-style-type: none"> • Leave your expensive jewellery and watches at home • Avoid night or solo travel
<p>Take appropriate dietary precautions</p> <ul style="list-style-type: none"> • Select fruits and vegetables that you can peel yourself • Eat only well-cooked foods; avoid leftovers, raw shellfish and food from street vendors • Ensure that dairy products have been pasteurized 	
<p>Drink bottled water or boiled beverages only</p> <ul style="list-style-type: none"> • Or be prepared to purify your own supply • Beware of ice cubes, a source of contamination NOT treated by alcohol • Alcohol does not sterilize drinks 	

Consider taking the following “over the counter” products:

- ✓ Insect repellent (DEET)
- ✓ Sunscreen
- ✓ Imodium
- ✓ Hydrocortisone Cream 0.5%
- ✓ Condoms
- ✓ Tylenol
- ✓ Bed Netting with Permethrin Impregnation
- ✓ Pepto Bismol
- ✓ Water Purification
- ✓ Hat