

Travel for work – preparing for safe & healthy travel overseas

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1. Specialised travel clinics = Reduced proportionate morbidity for ✓ malaria ✓ acute hepatitis, ✓ HIV/AIDS ✓ animal bites needing rabies PEP¹
2. Many travellers fail to seek appropriate advice² Optimism bias is a strong force amongst business travellers.
3. Most persons decline vaccines because they don't perceive there is a risk of disease³
4. Employers need to take all practical measures to minimise risk. There could be serious consequences for companies who fail to provide for OH&S aspect of travel health – but not yet well tested in courts.
5. The history is an important component of the travel medicine consult: details of trip, activities, past trips, full medical history, vaccine history.
6. Vaccines can be thought of as Required, Routine and Recommended
7. Yellow fever vaccine probably valid for life in most persons – this will be official mid next year⁴
8. Don't forget the routine vaccines: Influenza vaccine, Prevenar, and Zostavax
9. Rabies risk exposures is more common than expected, and not more likely in long term travellers who pat dogs.⁵
10. Monkey B also a risk from monkey bites⁶
11. Malaria is more than just pills.
12. Dengue is common, more in urban areas⁷
13. Don't forget to discuss Leishmania and avoiding sandfly bites
14. Health education is an important part of travel medicine ..Book- Travelling Well⁸
15. Short Film: Travelling Well or not⁹
16. Travel Health Guide app for iphone¹⁰
17. Vaccine record for travellers: free iphone app¹¹
18. Manual of Travel Medicine very good resource¹²

¹ •www.thelancet.com/infection Published online December 2, 2014 [http://dx.doi.org/10.1016/S1473-3099\(14\)71000-X](http://dx.doi.org/10.1016/S1473-3099(14)71000-X)

² Heywood, Anita E et al. "A Cross-Sectional Study of Pre-Travel Health-Seeking Practices among Travelers Departing Sydney and Bangkok Airports." *BMC Public Health* 12 (2012): 321. *PMC*. Web. 14 Aug. 2015.

³ Vaccine Refusal: How to Get Around It Regina LaRocque, M.D., M.P.H CISTM Quebec 2015

⁴ <http://www.who.int/ith/updates/20140605/en/>

⁵ Mills, D.J., Lau, C.L., Weinstein, P., 2011. Animal bites and rabies exposure in Australian travellers. *Med. J. Aust.* 195

⁶ <http://www.cdc.gov/herpesvirus/>

⁷ <http://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/dengue>

⁸ www.travellingwell.com.au

⁹ <http://youtu.be/u6oRXMW72iw>

¹⁰ <https://itunes.apple.com/au/app/travel-health-english/id355832434?mt=8>

¹¹ <http://www.travellingwell.com.au/vaccinerecord.html>

¹² http://www.ipcommunications.com.au/title_manualtravelmed3ed.html