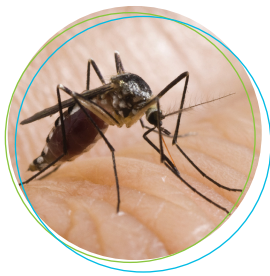


## Insects and Animals

- Always use an insect repellent where biting insects can be found
- If you feel unwell after being bitten be sure to seek medical assistance
- Avoid direct contact with stray or wild animals. You risk being bitten and the animal may carry diseases
- If you do get bitten by an animal, wash the bite for at least five minutes and disinfect the wound
- Be sure to see a doctor straight away to get checked, even if you feel fine
- Make sure you continue with any prophylaxis (such as anti-malaria tablets) as directed once you return home



## Your Healthy Holiday/Vacation Packing List:

- ✓ Antibacterial handwipes
- ✓ Hand sanitizer
- ✓ Suncream
- ✓ Rehydration salts
- ✓ Diarrhoea medication
- ✓ Disinfectant
- ✓ Insect repellent

## Sun Health

- If you are travelling somewhere hot then you will need to take care of yourself in the sun
- Always stay out of the sun at the hottest times of day (midday-3pm)
- Wear a hat and light cotton clothes with long sleeves to protect your skin
- Apply sun protection regularly, remembering to reapply after swimming
- It is also important to protect your face from the sun in the snow, even if it feels cold, as the light can reflect off the snow
- And don't forget baby – remember to get advice from your healthcare professional before you go on holiday



For information on ensuring your holiday/vacation is a healthy one, visit [www.hygienecouncil.com](http://www.hygienecouncil.com)

<sup>1</sup> Winther B, McCue K, Ashe K, Rubino JR, Hendley JO. Environmental contamination with rhinovirus and transfer to fingers of healthy individuals by daily life activity. *J Med Virol* 2007; 79(10): 1606–1610.

## Swimming

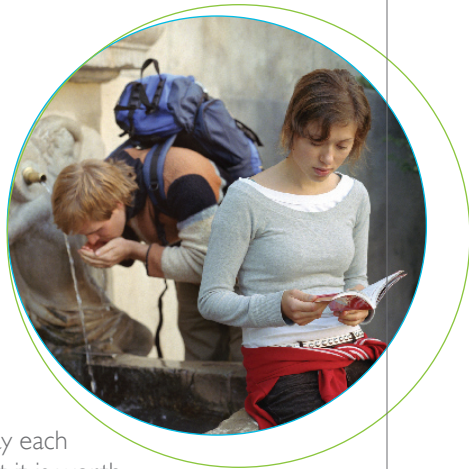
- Check water cleanliness at the beach and if it doesn't meet current standards then do not swim
- Wherever you swim, try not to swallow any water



Germ Protection: Hygiene on Holiday



Going on holiday is one of the highlights of most people's calendar so it's important to take steps to make sure that nothing ruins your well earned break. Unfortunately, with a different environment, come new health and hygiene risks. Of course, millions of people go away each year without getting ill but it is worth taking some time to think about the potential risks and how you might protect yourself against them where possible.



## Top Tips for a Healthy Holiday

### Before you go

- Make an appointment with your doctor early enough to check if you need any vaccinations or prophylactic medication (e.g. anti-malaria) before you go
- Make sure you have appropriate medicine with you before you leave home. This should include a diarrhoea treatment and rehydration salts. Diarrhoea can make you feel much worse if you become dehydrated as a result
- If you are travelling with a baby or young child, enquire about what food will be available in advance so that you know what to expect

### Your journey

- Aeroplanes, trains and buses, especially those that are air-conditioned, can be a haven for germs, which can remain live on surfaces for days
- It's a good idea to carry antibacterial wipes and hand sanitizer for use on the plane when you can not reach the bathroom before eating or drinking

*"Hand washing is the single most powerful weapon on Earth and the single most important thing that can be done to protect individual health."*

*Professor Philip Tierno,  
Hygiene Council Member*

## Clean Your Hands

- Think about surfaces you are touching that may be contaminated, such as doors, handles and switches on public transport or in hotels; these surfaces may all carry germs
- Take particular care to clean your hands with soap and clean water, or with a hand sanitizer before and after meals or when handling food and after using the toilet
- If you wash your hands use a clean dry towel, or hot air to dry your hands properly after washing

## A Study of Rhinovirus (Cold Virus) Contamination in Hotel Rooms Showed that:<sup>1</sup>

- 100% of individuals with colds had cold virus on their fingers after nose blowing
- 87% of the individuals with colds transferred the cold virus to a surface
- 66% (10/15) of individuals with colds contaminated multiple surface sites ranging from 3 to 8 of the 10 (30–80%) sites sampled

## Beware of Your Food and Water

Diarrhoea is the most common health problem encountered by tourists, particularly in developing countries, or where the climate is much hotter than at home.

- Check whether tap water is drinkable, and if not be sure to purify the water before use and buy bottled water for drinking
- When buying water ensure that the seal is unbroken before you buy and in restaurants insist on opening the bottle yourself
- Remember to brush your teeth and wash food in bottled water
- Be aware that ice may be made from tap water rather than drinking water, so ask before having ice in your drink or to be safe, go without it
- Salads and fruit are likely to be washed in tap water so it is best to stick to cooked vegetables or fruit that you can peel
- Avoid ice cream as freezers may be turned off over-night
- If you are in a warm environment think carefully about cold food and buffets, check how long food has been out for and whether it has been kept adequately cool and protected from insects; if in doubt go for hot food
- Make sure all meat is fully cooked before eating it
- If you do experience an upset stomach, try to maintain your intake of clean water; taking small sips at regular intervals. You could also use a diarrhoea medication and rehydration salts. If the problem persists you should seek medical help

