



STOP	The most common health issues when travelling are; diarrheal illnesses, dermatological conditions, malaria & dengue as well as respiratory disorders due to infection.
STUDY	Research your destination, as well as age appropriate immunisations and activities for your children. Check the website of your government's consulate to see if there are any current travel warnings.
ACT	Talk to a travel Dr about your destination, buy good travel insurance and thoroughly check your itinerary before you leave to ensure you have covered everything.

The most commonly reported health problems among US adults and children during international travel are [1]:

- Diarrheal illnesses caused by low hygiene or incorrect food handling (particularly at restaurants), contaminated or poorly stored food or water, direct contact with faecal matter in the environment (e.g. where plumbing is not common), etc.
- Dermatologic conditions caused by skin parasites, insect bites, skin abscess, allergic reactions, etc. For infants, children, and adolescents the most common complaint are dog bites and skin parasites.
- Systemic febrile illnesses (fever), especially malaria and dengue,
- Respiratory disorders due to infection (influenza, bronchitis, sinusitis etc), exacerbation of existing conditions due to air pollution, etc.

The biggest personal safety risk associated with international travel is commonly road traffic injuries (take your child's car seat!), water-related injuries (drowning) and violence related injuries.

- Review routine childhood and travel-related vaccinations, in particular specific to your travel destination.
- Risk assess all travel-related activities. Basically; What are you doing, where are you going, what is going to protect you in an accident or from having an accident (helmet, harness, knee/shin pads), where is the nearest good medical care?
- Talk to you Doctor about preventative medicine or actions for likely illnesses, chronic diseases, or underlying conditions.
- Participate in a basic first aid course before you travel.

The following table outlines the recommended actions before, during and after international travel with children.

Health	✓	Safety	✓
Buy travel insurance (including emergency evacuation if necessary)! Doctors, hospitals, flight changes are "usually" covered. Check the Product disclosure statement.			
Seek pre-travel assistance from a certified Travel Medicine Clinic for required and recommended immunizations and medical advice.		Avoid scam artists, be wary of strangers who approach you and offer to be your guide or sell you something at a low price.	
Bring enough prescription medication for the entire trip. For customs bring a letter from your doctor and keep medication in original containers.		When there is a choice of airport or airline, ask your travel agent about comparative safety records. In general avoid small airplanes with less than 30 seats.	
Ensure that all adults on the trip have had recent first-aid training.		Buy a pocket size phrase book and learn a few phrases in the local language.	



Health	✓	Safety	✓
Bring a travel destination specific First Aid Kit including medication (e.g. painkillers, antibiotics, antihistamines, anti-diarrhoea tablets, laxatives, rehydration salts, antacids, etc), personal protection (sunscreen, insect repellent, etc) and bandages (band-aids, antiseptic, gauze, thermometer, etc).		Beware of pickpockets. They often have an accomplice who will: jostle you, ask you for directions or the time, point to something spilled on your clothing, or distract you by creating a disturbance. Don't wear expensive looking jewellery; it makes you a target for theft.	
Bring sun block, sun hats, sun glasses, swim suits, goggles and aloe vera for sunburn		Make a note of emergency telephone numbers you may need: police, fire, your hotel, banks, taxi and the nearest embassy.	
In Malaria/Dengue areas use bed netting, avoid outdoor night time activities, and cover as much of your exposed skin as possible. Take your anti-Malaria medication as prescribed by your Doctor. Check out our Dengue Factsheet for our evidence based review on good repellents.		Prepare an itinerary which lists where you will be each day and night. Include as much detail as possible (e.g., hotel addresses and phone numbers). Give a copy of the itinerary to your emergency contact at home, and/or work if on business travel.	
Health	✓	Safety	✓
Check the department of foreign affairs for any travel advisories, political turmoil or demonstrations. Local customs and recommendations are also usually detailed. See references for some good guides.		Check the expiry date on your passport. Make sure your passport does not expire until after you return home (often 6 months after you return is required). Make a photocopy and scan of important documentation. Store a copy separate from where you store the originals and store the scans securely online for easy access.	
In developing countries all water should be boiled, bottled, or otherwise purified. Remember, "Peel it, boil it, cook it, or forget it".		Keep some money in an outside pocket to avoid fumbling through your purse or wallet for tips and other small expenses.	
Specifically for Babies and Children	✓	Specifically for Babies and Children	✓
Medication that is suitable for adults is often not suitable for children; ensure that you talk to your Doctor about the most suitable medications for your children.		Be particularly vigilant about the potential dangers of unfamiliar places, such as unfenced swimming pools (drowning) or balconies (falling). Stay within arm's reach of kids when they are swimming.	
Buy an identity bracelet for younger children in case they get lost. If your child likes to wonder a child safety harness or using a pram is recommended.		Test the hot water in your hotel bath or shower before you put your child in, hot water is often turned up to the maximum and you don't want any burns.	
When travelling with a stroller, bring a bike lock to secure stroller at temples/historical sites with stairs.		Avoid animals such as dogs, cats, bats and monkeys to reduce the risk of bites - in particular as babies and children may be inquisitive.	



Specifically for Babies and Children	✓	Specifically for Babies and Children	✓
During take-off and landing keep your toddlers ears comfortable with their favourite chewy snacks or a bottle for babies. Consult your paediatrician if flying within 2 weeks of an episode of an ear infection or ear surgery.		When travelling by road vehicle ensure each passenger is buckled and that children use an age appropriate car safety seat. Choose registered taxis, let your driver know that you will reward safe driving (no speeding, no talking on the phone) and avoid 2 or 3 wheeled vehicles.	
Using only water with fluoride for making infant formula may cause Dental Fluorosis, ensure that low-fluoride bottled water is used part of the time.		Duct tape, can be useful for temporarily baby proofing a room – covering up exposed sockets and taping up lamp and telephone cords etc.	
When travelling with children by plane ensure your carry-on luggage has spare clothes, nappies, formula, pacifiers, change cloth, wipes, snacks, small toys, books, stickers etc.		Airports are generally pretty disgusting. Germs from all over the world - in one place. Anti-bacterial travel-size wipes will come in handy for your portable change table, toys, etc.	
Toys and Gadgets to Keep Kids Happy and Occupied			
Sticker books, Books for reading, Maze or Activity Books		Cuddly toys that play soothing music	
Young babies love finger puppets		Zoombie, a soft toy with a blanket inside	
Something cuddly they can be comforted with		Play dough if you don't mind a little mess	
A few favourite toys, but nothing that would cause a crisis if it was lost		Keep a bag of brand new toys they have never seen before, as your kids get fidgety on the flight let them pick a new toy. It may just save your sanity!	
Tablets with educational games and movies.			

References

For further info check out these websites:

- [1] CDC - Your travel guide to safety and health: <http://www.cdc.gov/travel/>
- [2] UK Office of Safety and Health: <https://www.gov.uk/foreign-travel-checklist>
- [3] Health Consultants Detailed Checklist: <http://www.ohcmd.com/pdf/TravelSafetyCheckList.pdf>
- [4] International Travel with Infants and Children:
<http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-7-international-travel-infants-children/traveling-safely-with-infants-and-children>
- [5] Country Guide (by Australian Government): <http://www.smarttraveller.gov.au/zw-cqi/view/Advice/Index>
- [6] Country Guide (by UK Government): <https://www.gov.uk/foreign-travel-advice>