Overseas travel exposes you to wonderful new experiences, but it can also expose you to potentially serious travel health risks. Remember – your health is your responsibility – with a bit of preparation, you can prevent an illness that could ruin your holiday, or worse.

**Did you know you can book a Travel Consultation with one of our pharmacists for advice/administration of travel vaccinations for $20.**

***TRAVEL FIRST AID SUGGESTIONS***

Please Always Seek Medical Advice and ask your pharmacist if there are any medications that may not be suitable for you.

* Health insurance card with Medicare, insurance information and vaccination details.

**Sickness Prevention and Treatment**

* Hand sanitiser or wipes.
* Antibiotics \* requires a prescription
* Analgesic (pain relief) medicine such as paracetamol or anti-inflammatories.
* Antihistamine tablets for bites, stings, or allergies.
* Cold and flu tablets & cough medicine
* Throat lozenges or drops.
* Condoms, birth control pills, or other contraceptives.

**First Aid**

* Antiseptic and/or antibacterial cream ointment to apply to a wound, bites and burns
* Blister and wound patches, such as sticking plasters.
* Medical adhesive tape, e.g., Micropore.
* Wound dressings, e.g., a crepe bandage, gauze swabs, sports tape and Steristrips, which can often take the place of stitches.
* Mild steroid cream. e.g., Dermaid
* Safety pins, scissors, and tweezers (you may not be allowed to carry these in your carry-on luggage).
* Antifungal cream
* Sting relief solution, e.g., Stingose

**Stomach and Nausea Relief**

* Motion sickness tablets.
* Diarrhoea medicine, e.g., Imodium
* Stomach cramping medication – e.g., Buscopan
* Mild laxative, for constipation. e.g., Coloxyl & Senna
* Antacid for indigestion. e.g., Gaviscon
* Fluid and electrolyte replacement powder or tablets, e.g., Hydrolyte.

**For on flight**

* Flight Support Stockings
* Eye lubricant drops
* Decongestant nasal spray
* Ear plugs for use in flight or to block out noisy partners who snore.
* FLO travel nasal spray
* Eye mask
* Lip balm
* Mineral water face mist

**Destination Specific**

* Sunscreen (at least SPF 30+).
* Insect repellent containing DEET (diethyl toluamide). Great for Tropical Destinations
* Water purifying tablets.

Other items you should consider taking, depending on your individual needs and your destination, include:

* Regular prescription medicines, which should be kept in their original containers with clear labels and carried in your hand luggage when travelling. You should also take a letter from your doctor stating the names of the medicines, the dose and that they are for your personal use, plus a copy of your prescriptions, written using the generic name of the drug to avoid confusion with trade names in foreign countries. Some countries may not let visitors bring in certain medicines, so you may wish to check first.
* Think about the medical equipment you use regularly, such as sterile syringes and needles.