

## BEFORE TRAVELLING

- ◆ Consult GP practice at least **two months before departure**, for advice and to arrange necessary immunisations:

Immunisation against **Hepatitis A, Typhoid, Polio, Diphtheria and Tetanus** are recommended.

Anti-malaria medications are recommended when travelling to the Yemen. (**To be taken 1 week before travel, during the duration of stay and for 4 weeks after return from the Yemen**). These medications (combination of chloroquine and proguanil are recommended) can be purchased from the chemist without need for a prescription but always read label for contraindications and side effects.

- ◆ If prescribed medicines are required while abroad, ensure an adequate supply (Always carry medicines in a correctly labelled container). Written record of any medical conditions should be kept on your person whilst in the Yemen.

## RECOMMENDED SHOPPING LIST

- ◆ Mosquito Net (preferably impregnated with insect repellent)
- ◆ Insect repellent topical preparation with DEET (check with pharmacist particularly for pregnant women and children)
- ◆ Basic first aid kit (adhesive dressings and antiseptic creams)
- ◆ Drinking water sterilisation tablets
- ◆ Re-hydration preparation solutions (check with pharmacist)
- ◆ Anti-diarrhoeal agents (check with pharmacist particularly for pregnant women and children)
- ◆ Insect sting relief tropical preparations (check with pharmacist)

## ON THE PLANE

Prolonged immobility can lead to a Deep Vein Thrombosis (Blood clot which can be life threatening)

To avoid risks ensure that you regularly **drink water** and **move feet around**.

(Individuals who have a Medical history of thrombosis, Family history of thrombosis, History of a major operation in the last 3 months, History of heart disease/stroke or pregnant are at increased risk of developing Deep Vein Thrombosis therefore should see their GP prior to travel)

## MINIMISING HEALTH RISK WHILST IN THE YEMEN:

- ◆ **Sun Exposure:**
  - ❑ Avoid exposure to mid-day sun
  - ❑ Apply good factor sun cream to exposed skin areas
  - ❑ Wear hat / use umbrellas in direct sunlight
  - ❑ Cover up in light clothing to minimise amount of skin exposed to direct sunlight
  - ❑ Avoid dehydration by drinking sterilised water regularly



## Health Tips

### ◆ Malaria Precautions:

- ❑ Take anti-malaria medication regularly as per instructions during duration of stay in the Yemen

### Main precautions are to minimise risk of mosquito bites:

- ❑ Avoid going outdoors during dawn to dusk
- ❑ Cover arms and legs especially during dawn to dusk
- ❑ Apply insect repellent cream with DEET on any exposed skin areas
- ❑ Use Mosquito nets on beds (ensure there are no holes and they are tucked in)
- ❑ Spray rooms daily with mosquito killer (especially at night)

*(However, none of these precautions will give absolute protection. So if you develop a fever, or feel ill, while abroad or up to three months after returning, it is essential to seek medical attention immediately).*

### ◆ Travellers Diarrhoea (and associated health risks):

- ❑ Wash hands thoroughly after using lavatory, before handling any food or eating
- ❑ Drink sterilised water only (cooled boiled water, sterilising tablet water or sealed bottled water)
- ❑ Avoid ice cubes (unless made with sterilised water)

- ❑ Avoid food that has been kept warm or reheated
- ❑ Avoid ice creams from unreliable sources
- ❑ Wash foods eaten raw (fruit/salad) with sterilised water
- ❑ Brush teeth with sterilised water
- ❑ Avoid or boil unpasteurised milk

### Treatment:

- ❑ Avoid food but if hungry eat bland dry diet and avoid dairy products.
- ❑ Drink rehydration solutions (commercially brought or prepared as follows – 1 litre of sterilised water, 1 teaspoon of salt and 8 teaspoons of sugar). Drink 1 – 2 glasses of solution per loose stool (caution children can become dehydrated quickly).
- ❑ Anti-diarrhoeal agents may be taken in accordance with manufacturer's instructions but should not be given to young children.

*(If diarrhoea lasts longer than 4 days, if there is fever or blood in stool then medical attention should be sought).*

### BACK IN THE UK

- ◆ Continue malaria tablets for 4 weeks after return
- ◆ If unwell during the first 3 months after return, visit GP practice and inform them you have recently travelled to the Yemen.



## For Travelling to the Yemen

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