

Minimizing Risks During Overseas Travel

Main Instruction Targets for Travelers

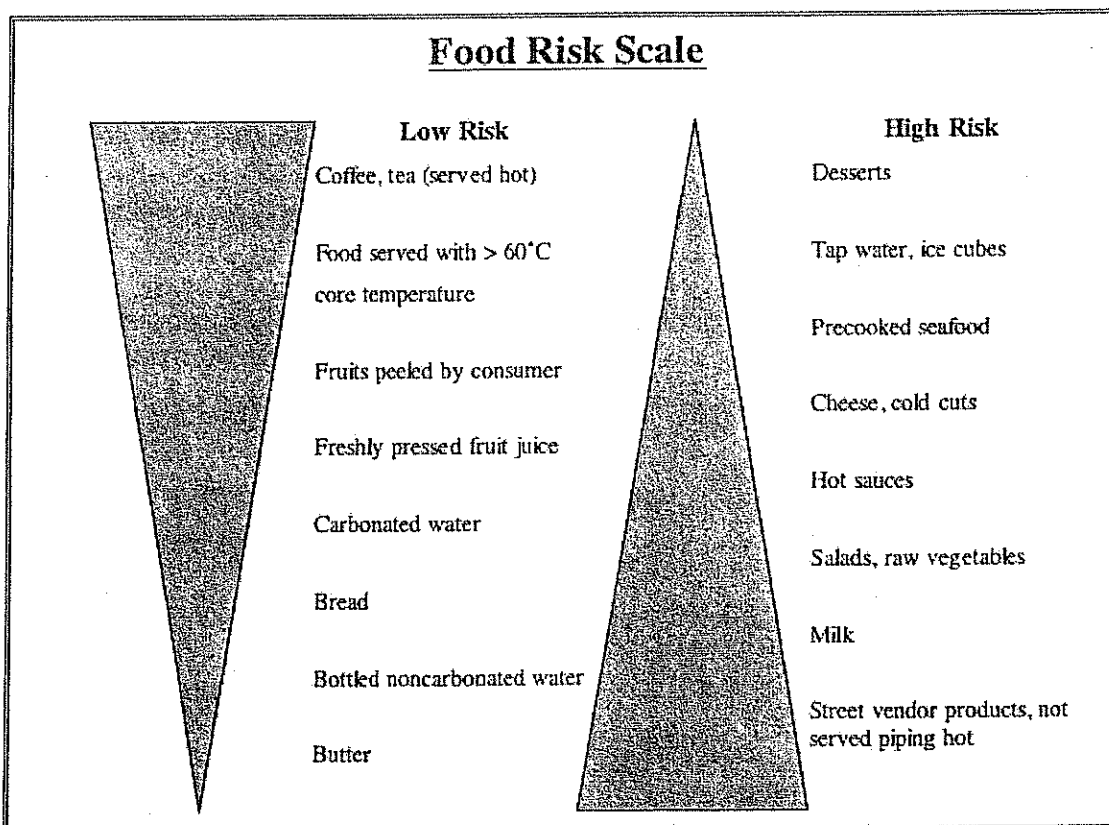
Food	Boil it, cook it, peel it, or forget it
Fluids	Avoid tap water, drink plenty
Flies	Measures against mosquito bites
Flirts	No unprotected casual sex
Safe cars	Wear safety belt, no night driving
Swimming	Check currents, no alcohol
Sun	Don't get burned
Stress	Get rest, don't overload program

How to Minimize Exposure to Risks

Risk Category	Type	Preventative Action
Psychological environment during travel	Stress	Allow sufficient time
	Claustro- and agoraphobia	Seat selection, cognitive therapy: avoid small boats or planes
	Motion sickness	Seat selection, relaxed position of rest, preventative medication
	Jet lag	Melatonin or short-acting sleeping pill
At destination	Climate	Clothing, fluids, minerals, frequent showers, avoid exertion
	Sun	Sun screen, minimal exposure
	Freshwater	Do not touch if risk of schistosomiasis, pool safe (?)
	Saltwater	Avoid currents, avoid bruises
	Soil	Do not walk barefoot or lie on soil
	Altitude	Slow ascent, warn high-risk subjects
	Traffic	Avoid night travel, motorbikes

Risk Category cont'd	Type cont'd	Preventative Action cont'd
Human to human	STD	Avoid unprotected sex
	Assault	Avoid risky areas, night strolls
Animal to human	Rabies	Do not pet unknown animals, do not touch cadavers
	Snakes (rare), scorpions	Wear shoes, check clothing
	Jellyfish, poisonous fish	Ask locals, wear goggles
Vectorborne	Malaria, dengue, etc.	Measures against mosquito bites
Foodborne	Traveler's diarrhea, etc.	"Boil it, cook it, peel it, or forget it" — as far as possible
Intoxicating drugs	Alcohol, marijuana, etc.	Abstain before swimming and diving

Food Risk Scale



All information reproduced from *The Manual of Travel Medicine and Health*. Steffen, DuPont, Wilder-Smith, 2003,