



Feel better wherever you go

A handy health and travel guide
for international travellers



...for a safe and healthy journey

medibank

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Canada – 1 855 802 3392

Charges may apply if calling from a pay phone or mobile phone.

From all other countries and if you are experiencing difficulties from one of the numbers above call +61 (2) 8907 5672.

This guide produced in consultation with our healthy travel partner



...for a safe and healthy journey

Table of contents

Healthy Travel: Planning and pre-medical advice

- Your healthy travel checklist
- Responsible tourism and staying safe
- Pre-trip medical advice and vaccinations
- Travelling with children
- Travelling with prescription drugs

Healthy Travel: On your way

- In-flight health and comfort tips
- Minimising jetlag
- Motion sickness treatment
- Deep Vein Thrombosis (DVT) prevention

Healthy Travel: During your trip

- Eating and drinking safely
- Avoiding insects
- Animal safety
- Accident, road and transport safety
- Climate and environment concerns
- Common travel ailments and treatment

The Travel Doctor-TMVC Clinics

- 10% discount for Medibank Private Members and Medibank Travel Insurance policy holders
- About The Travel Doctor-TMVC
- List of Clinic Locations

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Healthy Travel: Planning and pre-medical advice

Your healthy travel checklist

- ✓ Consult a travel health specialist at least 6 weeks before you leave
- ✓ Ensure your vaccinations are up to date
- ✓ Always carry your Travellers' Medical Kit (available from The Travel Doctor-TMVC)
- ✓ Ensure you travel with all your Medibank Travel Insurance policy documents
- ✓ Don't go near or touch local animals
- ✓ Boil it, peel it, cook it... or forget it
- ✓ Respect local laws and customs
- ✓ If anti-malarial pills are required, follow the prescribed treatment
- ✓ Apply sunscreen regularly
- ✓ Visit smartraveller.gov.au when planning your holiday and before departing to check for any relevant health alerts or travel warnings
- ✓ If travelling with prescription medications, ensure you carry a letter from your doctor detailing your prescription medications for Customs. For more information phone Medicare Australia's Travelling with PBS Medicine enquiry line 1800 500 147 or visit the website www.medicareaustralia.gov.au
- ✓ In the event of illness or injury whilst travelling, contact your overseas emergency medical assistance travel insurance provider for advice (refer to numbers on Page 2)
- ✓ Have a check-up on return if you've been sick.

Responsible tourism and staying safe

Travelling can be an amazing, enriching experience, but it's important to always make sure you're aware of how you could impact the local environment and culture.

Cultural understanding

- Travel with an open mind
- Learn about the country and culture you are visiting before you go.

Social impacts

- Get permission before photographing people, homes or culturally significant sites. In many countries photographing military and government sites can result in detention
- Don't encourage children to beg.

Environmental impacts

- Travel in small, low impact groups
- Don't buy products made from endangered species or plants.

Personal security and safety

- Don't ever leave your bags unattended. Make sure all your documentation is up to date and carry valuables in a money belt
- At your destination, avoid walking in quiet areas, particularly at night. Always ensure that someone at home is aware of your itinerary, and know where to go or who to contact if you need assistance.

Abiding by the law

- Do not buy or use illegal drugs when travelling. Remember that 'soft' drugs (such as marijuana and alcohol) carry severe penalties in some countries.

Pre-trip medical advice and vaccinations

10% discount for all Medibank Private Members and Medibank Travel Insurance policy holders at The Travel Doctor-TMVC Clinics – see page 13 for full details

Pre-trip vaccinations

Whatever your destination, make sure you're up to date with your vaccinations. Visit one of The Travel Doctor-TMVC Clinics (see page 14 for Clinic Locations) for more information, and take a look at the tips below:

Recommended vaccinations

- **For all destinations:** Make sure you've had your standard vaccinations, such as: Tetanus, Diphtheria, Measles and Polio. You should also consider an Influenza vaccination if you're planning on travelling during the colder months
- **For most destinations:** Depending on your destination and purpose of travel, additional vaccinations may be required. These might include: Hepatitis A, Typhoid, Hepatitis B, Rabies, Japanese Encephalitis and Meningitis.

Highly recommended vaccinations

- **Yellow fever vaccinations:** strongly recommended for parts of Africa and South America
- **Meningitis vaccinations:** strongly recommended for Saudi Arabia at time of the Haj or Umra pilgrimages.

For full information on the appropriate vaccinations specific to your travel, please discuss with The Travel Doctor-TMVC.

Travellers' medical kits

To make sure you can treat any health problems before they interfere with your travel plans, it's always a good idea to carry a first aid kit.

Travelling with children

Travelling with children can be difficult, so here are some tips that can help make the journey run smoother:

- **The flight:** Dress children in bright colours so that they are easy to spot in the crowd. Feed during take off and landing to encourage swallowing and minimise ear discomfort
- **Eating & drinking safety:** If possible, breastfeed infants in order to avoid difficulties with sterilisation of bottles. Long life milk and packaged juice in sealed cartons are also safe. Talk to your doctor for more information or if your children have special requirements
- **Sun protection:** Always carry a good SPF 30+ sunscreen and limit sun exposure to early morning and late afternoon
- **Animal bites:** Where possible, keep children away from animals to avoid certain infections.

Travelling with prescription drugs

In many cases, medicines are essential for an individual's health and the ultimate success of their holiday or business trip. Before you travel, talk to your doctor and discuss both the prescription and over-the-counter medicines that you will need to take with you. Take only those for personal use.

For more information, phone Medicare Australia's Travelling with PBS Medicine enquiry line on 1800 500 147 or visit www.medicareaustralia.gov.au

Healthy Travel: On your way

In-flight health and comfort tips

During the flight

- **Fluids:** Reduce your alcohol and coffee intake and try to drink lots of water
- **Dress:** Wear loose, light clothing and comfortable shoes and use circulation socks to help reduce the risk of developing clots
- **Activity:** Take regular walks around the plane and exercise at airport stops. Keep your feet up when resting and exercise by flexing major muscles of legs
- **Eye care:** If you wear contact lenses, make sure you carry a lens case and saline solution. Try to wear glasses as much as possible
- **Ear or sinus pain:** If you have a cold, you may experience some discomfort when flying. This can be minimised by using a nasal decongestant spray prior to take off and landing. You can also try a menthol sweet to promote swallowing, which helps equalise pressure in the ear
- **Constipation:** A mild laxative can be useful to assist getting your bowels used to the new local time.

Minimising jetlag

Jetlag usually disappears within about three days after arrival, but there are some ways you can help minimise the impact:

- If you have a longer flight, try to organise your itinerary so you fly into the night
- Avoid excess alcohol and caffeine
- Try to go for a walk in daylight on the day of arrival.

Motion sickness treatment

There are a number of medications available that can help prevent motion sickness, or at least reduce its effect. These are best taken before you depart.

- A medication containing antihistamine (such as dimenhydrinate) is long acting and reasonably effective. Medications containing hyoscine hydrobromide are also effective
- Fresh air and looking in the direction of travel can help. Maintain your fluid intake and avoid alcohol.

The Travel Doctor-TMVC can advise which medication will best suit individual needs.

Deep Vein Thrombosis (DVT) prevention

To help prevent DVT, follow these simple steps:

- Every 30 minutes, flex and rotate your ankles, and contract and relax your leg muscles
- Avoid excessive alcohol and caffeine and drink lots of water
- Anticoagulants are available for high risk travellers
- Use vascular compression stockings to improve blood flow in the legs.

Speak to your doctor about what you can do to help prevent DVT or if you have any special medical history or requirements.

Healthy Travel: During Your Trip

Eating and drinking safely

One of the best things about travelling is enjoying the local cuisine and trying different foods. But you should always be careful about what you eat and drink to avoid any problems, especially in less developed countries. Take a look at the tips below:

Do drink

- Boiled water
- Bottled water is usually safe but check that the seal is unbroken. Cans of drink are usually fine too
- Iodine-based drinking water tablets can be added to water before drinking, and are generally safe
- Wine and spirits are usually safe, but always avoid having ice in your drinks.

Do eat

- Freshly cooked (fried, boiled, steamed) food
- Fruits with peels/skins still on, such as bananas or citrus fruits
- Food of acceptable brands in cans or sealed packs
- In busy restaurants serving local food.

Do not eat

- Uncooked, undercooked food or reheated food
- Salads or fruit and vegetables without peels
- Ice cream (unless it is an internationally packaged and labelled brand) and other dairy products
- Oysters, clams, mussels, barbecued prawns or mud crabs.

Avoiding insects

To make sure you're protected, take a look at the handy tips below:

- Use an insect repellent containing diethyltoluamide (DEET). This can be sprayed on exposed skin and clothing
- Avoid dark coloured clothing and wearing perfume or aftershave
- Permethrin is a safe, easy to use chemical that kills most insects on contact. Use it on your clothing, mosquito nets, sleep sheets and tents
- If bed bugs are suspected, move away from walls and leave a light on, as bedbugs are most active in the dark.

The Travel Doctor-TMVC has a number of travel products to prevent insect bites, including a range of mosquito nets. It is recommended that you check that the insect repellents you take with you are acceptable under local laws.

Animal safety

Rabies is a deadly viral infection of the brain transmitted to humans through animal bites and scratches. It occurs everywhere around the world except in Australia, New Zealand, the UK, areas of Western Europe and parts of the Caribbean and Pacific Islands.

Rabies protection

- The best way to prevent rabies is to avoid all animal contact – and consider all animal bites, scratches, puncture wounds or even licks to broken skin a risk
- Seek urgent medical advice after any potential exposure.

Accident, road and transport safety

When travelling overseas, it's important to be even more careful on the roads. Here are a few helpful tips on how to stay safe:

- Don't drink and drive – ever. Avoid driving at night or immediately after a long flight. Pick up your vehicle at the hotel, not the airport
- Always drive defensively and stick to the speed limit, especially when you might not be familiar with the road rules
- Ensure you have an appropriate International Drivers Licence for the country you are visiting, before driving
- Motorbikes and scooters can be dangerous, so make sure you wear a helmet, closed footwear and thick clothing
- Do not travel on overcrowded buses, trains or ferries. The minibus kombi is probably the most dangerous form of travel. Some tour operators pack large numbers of people into small vehicles and exceed speed limits in order to undertake as many trips as possible in the shortest possible time
- Seatbelts are a must – you wear them at home and you should wear them when away
- In some countries traffic may come at you from a different direction and will not necessarily stop for pedestrians on a marked crossing.

Climate and environmental concerns

Sun sense and sunscreens

When you're travelling to a warm climate, it can be particularly tempting to sunbake. Always remember to protect yourself from the sun's harmful rays.

Keeping safe in the sun

- Use a sunscreen with a sun protection factor (SPF) greater than 30+ and regularly reapply
- Wear a wide brimmed hat, good sunglasses and loose fitting clothes for maximum body coverage
- Make sure you drink plenty of water to avoid heatstroke or sunstroke.

Cold climate travel

- **Dress appropriately:** Wear lots of layers and choose loose clothing which allows warm air to be trapped next to the skin
- **Hands:** Try wearing a lightweight glove inside a heavier mitten for greater movement and insulation
- **Headwear:** An estimated 80% of body heat is lost through the head so it's important to wear a hat that covers the ears
- **Eye protection:** If you ski without sunglasses you can do permanent damage to your eyes. Choose sunglasses which filter out all ultraviolet light and about 90% of visible light.

Common travel ailments and treatment

Travellers' diarrhoea

There are three types of diarrhoea, but each requires different treatments. You should always seek medical advice before you administer treatment.

Treatment for adults

- **Rehydration:** Drink at least 3 litres of fluid a day, ideally with ORS (Oral Rehydration Salts) or Gastrolyte
- **Antibiotics:** Depending on the symptoms – seek medical advice
- **Nausea:** Prescription medications are available – seek medical advice
- **Food:** Eat bland foods such as rice, pasta or bread
- **Special cases:** If you have diabetes, HIV/AIDS, kidney disease, peptic ulcer, colitis, or other medical problems, please discuss this further with The Travel Doctor-TMVC.

Treatment for children

- Be aware that small children can become dehydrated very easily and many treatments are not suitable for children. It is recommended that you seek medical advice with regards to treatment for children.

Coughs, colds and chest infections

Respiratory tract infections are the second most common problem facing travellers overseas.

There are lots of medications available, but remember you'll need to seek medical advice if you have:

- a temperature over 40°C
- copious green or yellow sputum
- severe sore throat and swollen glands
- prolonged illness for more than 7 days.

The Travel Doctor-TMVC Clinics

10% discount at The Travel Doctor-TMVC Clinics

All Medibank Private Members, and Medibank Travel Insurance policy holders, are eligible to receive a **10% discount** at all participating The Travel Doctor-TMVC Capital City Clinics across Australia.

The 10% discount applies to

- Vaccinations administered by The Travel Doctor-TMVC at participating Capital City Clinics; and
- Travel products and travellers' medical kits available from The Travel Doctor-TMVC Capital City Clinics.

To redeem the 10% discount

- Medibank Private Members simply need to show their Medibank Private Membership Card at participating Capital City Clinics when making a purchase
- Medibank Travel Insurance policy holders simply need to show a copy of their current Medibank 'Certificate of Insurance' at participating Capital City Clinics when making a purchase.

About The Travel Doctor-TMVC

The Travel Doctor-TMVC provides up-to-date expert international travel medical advice and medical services to those intending to travel. This includes pre-travel preparation, specially designed travellers' medical kits, vaccinations, anti-malarials and current health alerts for overseas travel and much more. The medically trained clinic staff (who are also enthusiastic travellers) can help you with your trip preparation, so that you minimise the chances of sickness ruining your trip. The Travel Doctor-TMVC is also part of Medibank Health Solutions and is internationally recognised as a leader in its field.

The Travel Doctor-TMVC Clinic Locations

The Travel Doctor-TMVC Participating Clinic Locations:

Adelaide

TMVC House, (08) 8212 7522
27-29 Gilbert Place adelaide@traveldoctor.com.au

Brisbane

75a Astor Terrace, (07) 3815 6900
Spring Hill brisbane@traveldoctor.com.au

Canberra

Level 5 Jacobs House, (02) 6222 2300
8-10 Hobart Place canberra@traveldoctor.com.au

Darwin

HSA Level 1 Cavenagh Centre, (08) 8981 7492
Cavenagh Street darwin@traveldoctor.com.au

Fremantle

85 South Street (03) 9935 8100
fremantle@traveldoctor.com.au

Melbourne

Levels 2 & 3, (03) 9935 8100
393 Little Bourke Street melbourne@traveldoctor.com.au

Parramatta

74 Macquarie Street (02) 8861 9100
info@traveldoctor.com.au

Perth

Level 2, (08) 9221 6701
553 Hay Street perth@traveldoctor.com.au

Sydney

Level 7, Dymocks Building, (02) 9221 7133
428 George Street sydney@traveldoctor.com.au

Visit The Travel Doctor-TMVC website: www.tmvc.com.au to view the full list of services or to book an appointment online.



Your guide to helpful phrases

A list of common basic phrases in 6 major languages to help when travelling overseas

Helpful Phrases

We want to help ensure your trip goes as smoothly as possible. So we hope this list of basic phrases, in six major languages, will help you get more out of your travel experience.

Keep in mind that these languages are useful beyond their country of origin. For example Spanish is spoken in most countries of South and Central America as well as in Mexico, and many communities in the USA. French is an official language in Luxembourg, Monaco and French Guyana (South America) as well as parts of Canada, Belgium and Switzerland. Italian is understood in its former African colonies, Libya and Ethiopia. German is also spoken in Austria and Liechtenstein as well as parts of Switzerland and Luxembourg. And Indonesian is widely understood in Malaysia, Brunei and East Timor.

Bon voyage!

Languages in this Guide:

French
Chinese
German
Italian
Spanish
Indonesian

French

English	Translation	Phonetic Translation
Hello	Bonjour	Bohzhoor
Goodbye	Au revoir	Orvwaar
Please	S'il vous plaît	Seel voo play
Thank you	Merci	Merhsee
Where can I buy?	Où est-ce que je peux acheter...?	Oo eska zha pa ashtay
That's too expensive	C'est trop cher	Say tro shair
How much does this cost?	Combien ça coûte?	Combeeah sah koot?
Where is (a toilet)?	Où sont (les toilettes)?	Oo sonh lay twahlait
I need a doctor /pharmacy	J'ai besoin d'un docteur/ d'une pharmacie	Zhay b-zooanh danh doktor/ dewn farmacee
Where is the police station?	Où est le commissariat de police?	Oo ay ler komisarya dah polis?
Where is the bus station/ train station/post?	Où est l'arrêt de bus/ la gare/la poste?	Oo ay laray dotobus/ lah gahr/lah post?
How long will it take?	Combien de temps ça va prendre?	Combeeah dah tanh sah vah pranhdr

Chinese

English	Translation	Phonetic Translation
Hello	你好	Ni hao
Goodbye	再見	Zai jian
Please	請	Qing
Thank you	謝謝	Xie xie
Where can I buy?	什麼地方可以買到？	Shen mo di fang ke yi mai dao?
That's too expensive	太貴了	Tai gui le
How much does this cost?	多少錢？	Duo shao qian
Where is [a toilet]?	(衛生間) 在哪裡？	(Wei shen jian) zai na li?
I need a doctor /pharmacy	我需要找醫生/藥房	Wo xu yao zhao yi sheng/yao fang
Where is the police station?	警察局在哪裡？	Jing cha ju zai na li?
Where is the bus station /train station/post?	巴士站/火車站/郵局在哪裡？	Ba shi zhan/huo che zhan/you ju zai na li?
How long will it take?	需要多長時間？	Xu yao duo chang shi jian?

German

English	Translation	Phonetic Translation
Hello	Guten Tag	Gootan taag
Goodbye	Auf Wiedersehen	Aff veedarzeehan
Please	Bitte	Beeta
Thank you	Danke	Daanka
Where can I buy?	Wo kann ich ... kaufen?	Voh kaan eek ... kaffan?
That's too expensive	Das ist zu teuer	Daas eest zu toia
How much does this cost?	Wieviel kostet das?	Veefeel kohstat daas?
Where is [a toilet]?	Wo ist (eine Toilette)?	Voh eest (aina toilette)?
I need a doctor/ pharmacy	Ich brauche einen Arzt/ eine Apotheke	Eek braaka ainan arst/aina apotheeka
Where is the police station?	Wo ist die Polizeiwache?	Voh eest dee pohleezaivaaka?
Where is the bus station/ train station/post?	Wo ist der Busbahnhof/ der Bahnhof/die Post?	Voh eest da boosbaanhof/da baanhof/dee pohst?
How long will it take?	Wie lange dauert das?	Veelanga daauart daas?

Italian

English	Translation	Phonetic Translation
Hello	Salve	'Salve
Goodbye	Arrivederci	Arrive'derchi
Please	Per favore	Per fav'ore
Thank you	Grazie	'Grattsje
Where can I buy?	Dove posso acquistare?	'Dove 'posso akkwis'tare?
That's too expensive	Quello è troppo caro	'Kwello e 'troppo 'karo
How much does this cost?	Quanto costa questo?	'Kwanto 'kosta 'kwesto?
Where is (a toilet)?	Dove è (un gabinetto)?	'Dove e (oon gabi'netto)?
I need a doctor /pharmacy	Ho bisogno di un medico/farmacista	O bizo'nyo di oon 'mediko/farmachista
Where is the police station?	Dove è la stazione della polizia?	'Dove e la stazione della polit'sia?
Where is the bus station /train station/post?	Dove è la stazione delle corriere/la stazione ferroviaria/l'ufficio postale?	'Dove e la stazione delle kor'ryere/ la stazione ferro'viarya/ l'oof'ficho pos'tale?
How long will it take?	Quanto tempo ci vorrà?	'Kwanto tempo chi vor'ra?

Spanish

English	Translation	Phonetic Translation
Hello	Hola	Ola
Goodbye	Adiós	Adeeos
Please	Por favor	Por farvor
Thank you	Gracias	Graseeas
Where can I buy?	¿Dónde puedo comprar?	Donday pooaydo comprar?
That's too expensive	Es demasiado caro	Es daymaseeado caro
How much does this cost?	¿Cuánto vale esto?	Kooanto varley esto?
Where is (a toilet)?	¿Dónde está el baño?	Donday esta el barnyo?
I need a doctor /pharmacy	Necesito un doctor/ una farmacia	Neseseeto oon doktor/ oona farmaseea
Where is the police station?	¿Dónde está la comisaría?	Donday esta la komisareea?
Where is the bus station /train station/post?	¿Dónde está el terminal de buses/ la estación de tren/ el correo?	Donday esta el tairmeenal day booses/ la estarseen day tren/ el korrayo?
How long will it take?	¿Cuánto se demora?	Kooanto say daymora?

Indonesian

English	Translation	Phonetic Translation
Hello	Halo	Hull-o
Goodbye	Sampai jumpa	Sum-pye joom-pah
Please	Silahkan	See-lah-kunn
Thank you	Terima kasih	Ter-ree-ma kah-seeh
Where can I buy?	Di mana saya dapat membeli...?	Dee mah-na sya dah-pat mem-ber-li
That's too expensive	Itu terlalu mahal	Ee-too terr-lah-loo mah-hal
How much does this cost?	Berapa harganya?	Berr-rah-pah har-gah-nyah?
Where is (a toilet)?	Di mana kamar kecil?	Dee mah-na kah-marr ker-chil?
I need a doctor /pharmacy	Saya perlu dokter/ apotik	Sya per-loo dok-terr/ ah-poh-tik
Where is the police station?	Di mana kantor polisi (or: Kantor polisi dimana?)	Dee mah-na kahn-torr poh-lee-see
Where is the bus station /train station/post?	Di mana stasiun bis/ stasiun kereta api/ kantor pos	Dee mah-na stah-see-oon biss/stahsi-oon kerr-reh-tah ah-pee/kantorr poss?
How long will it take?	Berapa lama?	Berr-rah-pa lah-ma?