

COMMON HEALTH CONDITIONS AFFECTING FEMALE TRAVELLERS:

Traveller's Diarrhoea

Respiratory Infections

Urinary Tract Infections

Injuries

DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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The number of women that travel abroad for business increases yearly

A 2015 survey on travellers found that

56%

of the women travellers had experienced an illness while abroad, most commonly a gastrointestinal problem.

80%

of the women travellers have worried about their personal safety while abroad, with financially motivated crimes being the most common concerns.

11% had suffered an insect-borne disease

Statistically, women travellers are MORE LIKELY than male travellers to have experienced:



RESEARCH the health risks of your destination.

Have a check up with your **DOCTOR** and **DENTIST** before you travel.

Check your **VACCINATIONS** are up to date.

Ensure you **MONITOR** for outbreaks of infectious diseases.

Pack a basic **FIRST AID** kit.

Keep all medication in its **ORIGINAL PACKAGING**. Pack a **COPY**


WOMEN'S TRAVEL RISK GUIDE

INTERNAL


Control - is

TRAVEL SECURITY TIPS

No matter where you are in the world, the same **SAFETY PRINCIPLES** apply. It is important to **UNDERSTAND** the risks and dangers, and **REDUCE** the risk as much as possible.

 Keep copies of important documentation separate from the originals.

 Always keep your passport with you.

 Don't carry too much cash with you.





