

Travelling safe

People, in many occasions need to travel aboard for various reasons. Any area of the world could be your destination, however not any destination is safe to travel to. Safe travelling precautions, if properly followed will definitely help protect you from catching infections and provide you with useful information about dealing with injuries while aboard.

What should you know before u travel to any destination?

Vaccination:

Certain areas of the world are known to be endemic of some diseases and travelling to such areas will subject you to risks of catching infection. Vaccines are designed to provide you with immunity against particular infections. It is always helpful to know what infections could you encounter and have their specific vaccines timely administered at 4-6 weeks period before travelling. Thus scheduling an appointment with a physician will give the vaccine enough time to produce sufficient immunity.

Information about safe travelling and endemic areas are found on the Centres for Disease Control and prevention website on the internet (wwwn.cdc.gov; under the hyperlink Traveler's Health).

Our pharmacists at Pharmacy One are qualified to provide you with accurate information about endemic areas and vaccinations, and will be pleased to receive your inquiries about safe travelling.

Hygiene:

Self hygiene is a cornerstone in preventing disease transmission. Proper hand washing is a skill of life. Soap and water will help remove potentially infectious materials from your hands. If soap and water are not available, and your hands are not visibly dirty, use a waterless, alcohol-based hand gel with at least 60% alcohol.

Traveler's Health Kit:

This kit will preferably contain your prescribed medications, including an antibiotic to self-treat moderate to severe diarrhea. An over-the-counter medication

to prevent diarrhea, a sunscreen, an insect repellent, and alcohol-based hand gels containing at least 60% alcohol when soap and clean water are not readily available to wash your hands, are all necessary to be packed within your travelling kit whenever you travelled.

News:

Be aware of disease outbreaks and keep updated with news about them especially when you are travelling to an endemic area. Consider rescheduling of your trip if possible.

Climate of your destination:

Wearing appropriately according to the anticipated climate will protect you from exposure to extremes of temperatures.

Important Contacts:

Keep record of contacts of nearest Jordan embassy or consulate in case of emergency.

Travelling with children:

Specific doses of antibiotics are intended to be used in children. Also, vaccinations specified to children differ from those used in adults.

If you are a pregnant or a breastfeeding woman:

It is advised that you contact your gynecologist before making any travel decision. The second trimester (particularly the period between weeks 18 and 24) is the safest period to travel for a healthy pregnant woman.

Some vaccines are not recommended during pregnancy. And some infections are harmful for the pregnant mother and can endanger the unborn fetus.

Some medical problems may get worse with travelling, also.

If you are breastfeeding, then nursing will be safer and easier than preparing bottles on the road.

What other challenges may you face during travelling?

Depending on your destination and means of travel, you may encounter any of these challenges:

Altitude Illness:

Altitude illness is the result of traveling to a higher altitude faster than the body can adapt to that new altitude. There is no test available to screen for your tendency to have altitude illness. Your previous experience of travel is the best guide. If you have congestive heart failure, myocardial ischemia (angina), sickle cell disease, or any form of pulmonary insufficiency, you are advised to consult your physician before taking the decision of travelling.

Animal-Associated Hazards:

The bites and stings of some arthropods may cause unpleasant reactions. Seek medical attention if an insect bite or sting causes redness, swelling, bruising, or persistent pain.

Deep Venous Thrombosis (DVT) and pulmonary embolism (PE):

If you have had DVT or PE in the past, or at risk of developing a condition; have undergone recent surgery (especially abdominal or orthopedic surgery), are pregnant, are taking oral contraceptives or hormone replacement therapy, have a malignancy, have restricted mobility, or have genetic or acquired blood-clotting abnormalities, then you should consult your physician before travelling.

Keeping well hydrated, wearing loose-fitted clothing, and walking and stretching arms and legs at regular intervals may help prevent developing of such a condition.

Symptoms of DVT of the leg include swelling, redness or discoloration, pain, and increased warmth over the skin. Pulmonary embolism has signs of chest pain, shortness of breath, dizziness, fainting, anxiety, or rapid pulse. Once these symptoms appear, you should immediately seek medical attention.

Using your regular anticoagulant medications is mandatory during travelling.

Motion Sickness:

Motion sickness, a common problem in travelers by automobile, train, air, and particularly sea. If you experience motion sickness, your physician may prescribe antihistamine or anticholinergic agents for you to alleviate symptoms of motion sickness.

Many tricks may be done so you can reduce the chances of developing motion sickness' like:

- choosing seats with the smoothest ride, usually the front seat of a car, forward cars of a train, center of a boat, and the seats over the wings in an airplane
- focusing on distant objects or keeping eyes closed instead of reading or looking at something inside the vehicle
- minimize head movement
- lying supine