

The Summer Holidays are just around the corner.....

The warm sunny days of summer are just around the corner and with these come the festive season of Christmas and New Year. Whether it is to go camping at the beach, staying at the family Bach, taking a road trip or going overseas, this is the time when most New Zealanders will take their annual break.

Whether you are travelling in New Zealand or going overseas, the key to a successful holiday is in the planning – “Be Prepared”.

Travelling Overseas

Get to know the country/s that you are going to visit

- Always read up on the city/ country that you are going to. It pays to know about the customs of the area and be prepared to cover up – Some countries, especially the Middle East dress more conservatively than New Zealanders do. You don't want to miss out on the opportunity to see some of the wonders of the world because you are inappropriately dressed.
- Find out what the language, transport, weather and currency of the country is. This will help minimize any incidents when in a foreign country.
- Keep your personal belongings with you - money, passport, medications that are critical to you whilst you are overseas should remain on you.
- Know the local water – Keep yourself hydrated but find out whether the local water is safe to drink. If you are concerned stick to bottled water. Be aware of how fresh food is wash, ice in drinks - if there are doubts go without.
- Know the food you are eating – not all countries have the health standards as we do in New Zealand if in Always make sure all food is well cooked or it can be peeled.

Pay a visit to your General Practitioner/ Practice Nurse before you go

Vaccinations

- Are you up to date with Tetanus, polio, malaria, Hepatitis B, Hepatitis A vaccine
- Are you travelling to an area that requires you to have specific vaccinations such as Yellow Fever, before you are allowed to enter the country?

Your doctor or Practice Nurse will be able to assist you with these questions – contact the practice well in advance to find this out.

Medication

- Will you have enough medication to cover you while you are away
- Do you need any letter from your doctor identifying the medication that you are prescribed and what it is for?
- Are there any special storage requirements
- Do you have allergies? Are you wearing a Medic Alert bracelet for them

Your doctor will be able to assist you with these questions

Travel Safety

In your suitcase, backpack pack a First Aid Kit, which includes plasters, bandages, safety pin, scissors pain relief, antidiarrhoea medication, rehydration solution, sun block, insect repellent, contraception – you'll never know when you are going to require these items and the availability in the country you are visiting.

Your Doctor or Practice Nurse will be able to give you advice on what to take and when to use it.

Travelling with Children

Children's travel requirements are similar to adults.

Sun and Heat: Always carry a good sunscreen suitable for children. Limit sun exposure to early morning and late afternoon.

Provide plenty to drink: Children/ babies dehydrate very quickly so ensure that they have adequate water to drink – bottled water, Long Life milk or juice in sealed cartons/ bottles are safe. If you are bottle- feeding baby work out a plan of how you are going to sterilize bottles, teats etc.

Pack plenty of toys, books etc to keep little one's amused along the way.

Have a Great Trip:

When travelling overseas the aim is to have a great time. By preparing for the trip in advance you can avoid situations that may make the trip unpleasant. Your doctor or Practice Nurse can offer Travel Advice on how to stay safe and healthy while away from home – Happy Travelling!