

## FIRST AID - Overseas & Interstate Travel Info.

Over the next few months many Koonung Club members are travelling to Turkey and beyond, Hong Kong and of course Sydney in a few weeks time. Dr. Andrew McDonald, a specialist in travel medicine, from "The Travel Health Clinic" in Mitcham, gave Koonung BWC members an interesting pre-travel advice talk last year.

It is worth taking note again of his recommendations and checking your First Aid kit to make sure that you are well prepared for safe travel.

### Interesting statistics:

- 50% of travellers develop health problems on a trip. 5% end up in bed, 8% need to see a physician, and 0.3% are hospitalized. 1: 100,000 die and 1.1 % lose the ability to work.
- Common Illnesses: Diarrhoea 20-40%, Respiratory Infections 5-20% Skin disorders/soft tissue injuries eg sprains 5-20%, Fever 1-5%, Animal Bites eg rabies 0.3%, Malaria 0.2-3.5%, Flu' 1%, Dengue Fever 0.1-1%, TB infection 0.5%, Hepatitis A 0.03-0.3%

The incidence varies depending upon the country of destination, duration of travel and activities undertaken. Therefore, it is important to **do a risk assessment**.

Know what you may be exposed to, and get advice for self-treatment eg for diarrhoea, take quinolone. Things to consider are your age, sex, medical history, current medications, allergies, & immunization history.

### Also consider:

Mode of travel, region, remoteness, duration - Driving yourselves reduces your risk of illness/accident.

Accommodation - a 5 star hotel reduces your chance of illness.

Budget - we don't all have a pot of gold to stay in a 5 star hotel!

### Prevention is important:

#### Organize travel insurance.

**Insect Bites** - Cover your skin. Remember DEET is a great insect repellent.

**Get your immunizations** before you leave. Remember you may need a course of several injections over a few months. So get organized! Be aware of STD's!

### 3 R's. you must know

- What is
- (a) Required eg Yellow Fever injection if travelling to Africa
  - (b) Recommended eg polio in India
  - (c) Routine Vaccination eg tetanus, Hep A & B.

**Eat** in a busy place. There's a high risk of catching diarrhoea & hepatitis A.

**Regularly** wash your hands

**Water** - boil it.

**Food** - Eat hot cooked food.

**Fruit** - peel it or forget it! Keep your shoes on when outdoors to prevent cuts & infections.

### Try to avoid:

- Unsafe dental clinics. Get a dental checkup before you go.
- Blood transfusions. Don't let your hair down & get a tattoo while holidaying!
- Insect Bites - Malaria, Dengue Fever. 10% of the world population are affected by malaria There is still no affective inoculation for malaria or dengue fever.

### Other concerns:

Jet lag, the rate of ascent of a plane, thrombosis- DVT's, cardiovascular disease, stress of travelling, cancer (Is this their last chance of travel?), flu', falls, extremes of weather.

## TRAVEL FIRST AID KIT:

The following list is a guide only of what to include in your personal First Aid kit. You will need to adapt this list. Travel organized by a commercial company may provide First Aid items. For legal reasons they will not provide medications, so BYO!

### Essential Items:

	Use:
Band-aids (x5), [op-site, tegaderm]	Small wound [waterproof]
Combine dressing (xl)	Serious bleed
Non stick dressing (xl)	Bleed or burn
Gauze (xl, pkt of 3)	To clean a wound
Crepe bandage 7.51 IOcm (xl)	Sprain, snake bite, secure a bleed dressing
Triangular bandage (xl)	Sling, immobilize legs, cover large wound
Gloves (xl pr.)	Hygiene
Scissors, tweezers, splinter probe, micropore tape, whistle, First Aid notes	

### Optional Extras (share with a friend)

Antiseptic pad (x3) 1 cream (clean water is an option) Alcohol swab (x3) (clean instruments)  
Steri-strips (xlpkt) for "stitching" a deep wound  
Eye wash, eye bath, eye pad (xl)  
Space/Emergency blanket (shock or hypothermia)  
First Aid notes, note pad & pencil  
Resuscitation shield  
Chux and plastic bag (cleaning up)  
Jelly beans or lollies (diabetics)  
Salt - for preparing an eye wash, leech bite (or matches if safe to do so) Tape for strapping ego  
Elastoplast  
Sun-tan cream.  
Sore throat lozenges  
Ice Pack - disposable (but weighty), use ice in freezer at fixed camp site  
I.C.E. keyed into your mobile phone (In Case of Emergency details)

### Possible Medications:

Anti-headache - Panadol/Herron/Neurofen  
Antihistamine- allergy, itches, travel sickness-Teldane/Telfast/Avril  
Antivomit/diarrhoea - eg Imodium  
Antibiotic - infections  
Anti-inflammatory - for muscle swelling & redness eg Voltaren  
Heart 1 BP medication, arthritis, asthma, allergy, migraine, sleeping pills  
+ Other personal medication.

### Questions to ask your Doctor at your Medical Travel Appointment:

- What inoculations do I need? (routine, recommended, & required)
- Will I have any problems getting through customs if I am carrying these medications?
- Do you need to give me a letter authorising me to carry these medicines?
- Will I need a repeat prescription made up before I leave so that I don't run out?

**Don't Forget Club Protocol:** Keep your personal details in a film canister in an outside pocket of your back pack. Include personal medications, treating doctor for serious ailments, next of kin contact details. Inform your walk leader too.