

# your essential guide to keeping healthy when travelling

Getting ill while travelling or as a result of travelling takes all the fun out of the travel. *Golden Globe's* own medical expert Dr Rachael Gillingham tells you all you need to know about travel illness and how to avoid it.

Keeping healthy when travelling at your age starts at home. My first advice is don't forget to order enough of your prescription medicines for the whole of your trip and

a few extra days. Any delay in returning because of weather or other unforeseen circumstances can be made even more stressful by not having enough medication. Many foreign countries to which you may travel will not have the same pharmacy services as the UK. And you may have to pay extortionate prices for your regular medicines.

Next, make sure you have an up-to-date NHS European Health Insurance Card. This will not only help identify you as from the UK but also get you a discount on any medical bills you may have to pay in Europe. Medical services are excellent in Western Europe, sometimes better than the NHS, but don't expect them to be free. You know where you are going so check out the medical facilities

**Top tip** ALWAYS CARRY A SMALL MEDICAL PACK OF PLASTERS, YOUR MEDICATION AND A STICK/BITE ANTI-ALLERGY INJECTION

in that country.

Check for all of the immunisations you may need for that country. And tell those who administer these immunisations what your current medication is and any ailments you may have.

Rabies is almost invariably fatal if post-exposure prophylaxis is not administered prior to the onset of severe symptoms. The rabies virus infects the central nervous system, ultimately causing disease in the brain and death. The early symptoms of rabies in people are similar to that of many other illnesses, including fever, headache, and general weakness or discomfort.

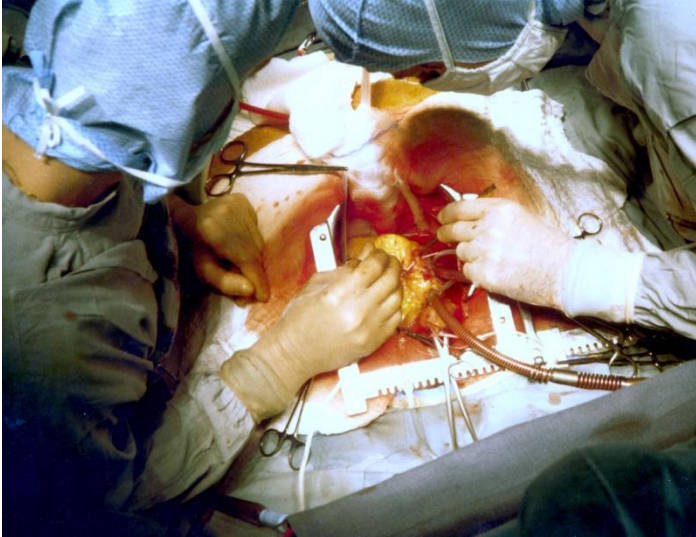
Golden Globe 10/10 Issue 4.4 p.33

As the disease progresses, more specific symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hypersalivation (increase in saliva), difficulty swallowing, and hydrophobia (fear of water). Death usually occurs within days of the onset of these symptoms.

Because permanent life insurance programs are designed to be permanent and pay a death benefit, the cost of insurance is considerably higher than term insurance. Term insurance is referred to as pure death benefit with no cash accumulation vehicle tied to it. Because of this, permanent premiums remain 8 to 10 times more expensive than term premiums for the same coverage.[citation needed] Most people are drawn to term insurance for the low cost and the ability to invest the difference in separate financial products

Take

your prescription with you so that the doctors can see the full medical terms of the medication you are taking



1) medical care is not on NHS abroad;  
2) foreign insects carry malaria, ebola etc;  
3) get a medical test before travel – just in case