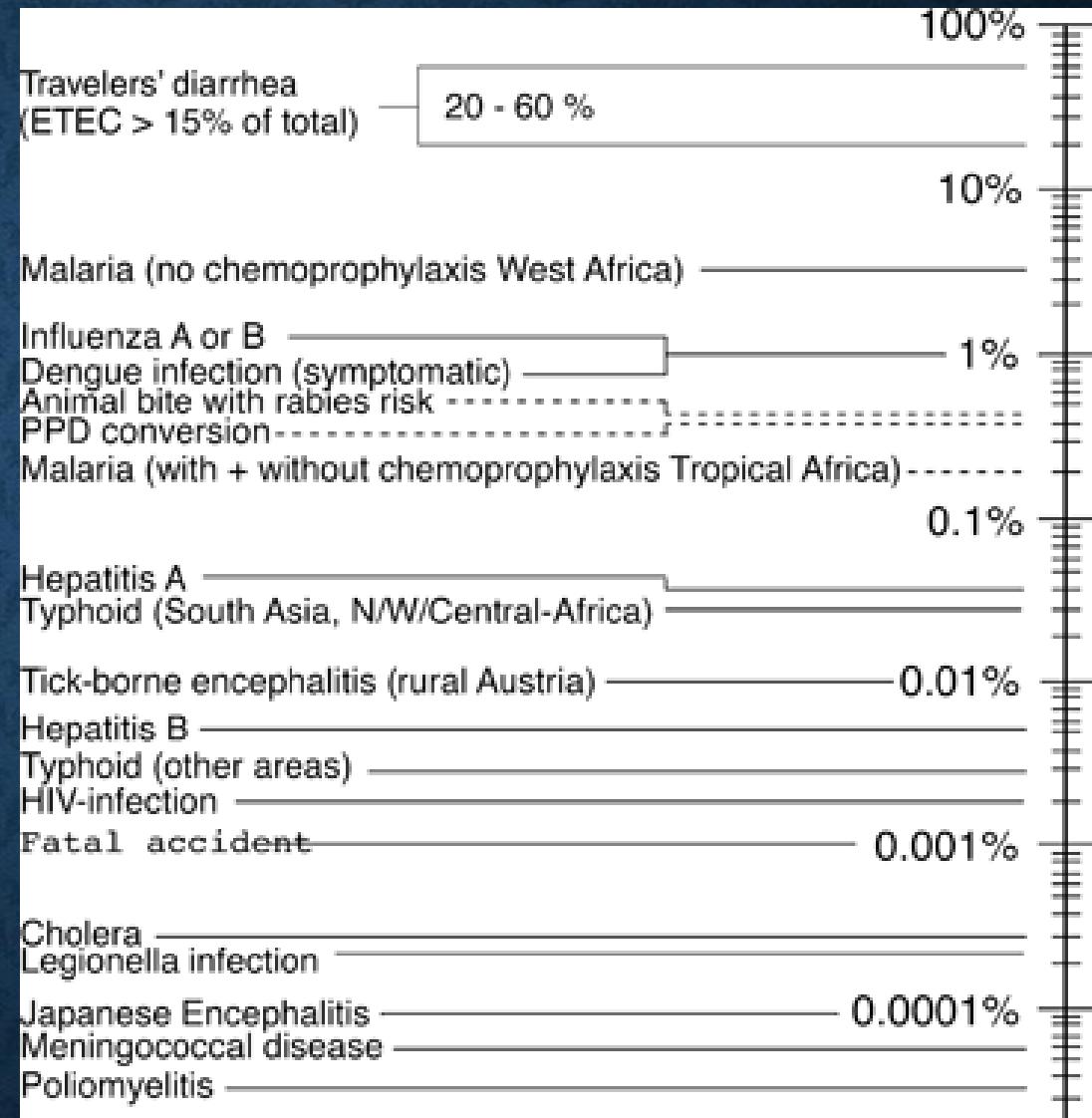


# **THE PERFECT TRAVEL KIT**

- What to bring to be safe?

# HEALTH RISKS AMONG TRAVELERS

**Obs accidents !**





## 14 DAYS CHARTER TRIP TO THE DOMINICAN REPUBLIC

- Mom Lise
- Dad Henning
- Marie 11 years
- Caroline 14 years
- Jesper 17 years



# Medical history

- Marie (11) has asthma and is on inh steroids and beta2agonists. Hayfever, nut allergy? Never hospitalized.
- Caroline (14) is healthy
- Jesper (17) is on tetracyclin for acne
- Mom and dad healthy

# Activities

- Swimming in sea and lakes
- Diving – all want to get a license
- Visiting National Park with caves, maybe bats
- Hiking

# **WHAT TO BRING?**

# GENERAL ADVICES

- Usual Drugs chronic diseases, obs doctors letter
  - Vaccinationcard
  - Skin
    - Sun protection F20-50
    - antihistamine/lidocain (insect bite)
    - Desinfection
    - Fucidin ?
    - Mosquito spray Autan (DEET)
  - impregnated bed net
  - clothes long sleeves, light colours
- Treatment of travellers diarrhea
    - Fluid/Revolyt
    - Loperamid (>2y)
    - Consider Azithromyxin (Rifamixin?)
    - Obs Ciguatera fish poisoning
    - Prevent by bottled drinking water
  - Others
    - Paracetamol
    - Antihistamin
    - Melatonin
    - Plaster/dressing

# MALARIA PROPHYLAXIS



- No prophylaxis
- Bring Malarone for treatment  
(Malarone ped)- obs with meal  
+ written guidelines to start treatment  
*after* local paraclinical diagnosis

Tabel 3. Samlet antal importerede malariatilfælde fra Mellem- og Sydamerika fordelt på smitteland og malariatype, 2007-2016

Smitteland	Alle malaria- typer	Vivax- malaria	Falciparum- malaria	Type uoplyst
Brasilien	2	1	1	0
Peru	2	2	0	0
Bolivia	1	1	0	0
Guatemala	1	1	0	0
Honduras	1	0	1	0
Ukendt (Sydamerika)	1	0	1	0
I alt	8	5	3	0

# SPECIFIC ADVICES FOR THE FAMILY

- Flixotide: Do not store above 30°C. Do not refrigerate or freeze.  
Protect from frost and direct sunlight
- Epipen ?
- Diving below 12 years of age ?
  - Diving 11 years old – normally no go – local rules
  - Diving and asthma:
    - UK: well-controlled asthmatics may dive if no spacer need,  
No bronchodilator within 48 hours; and if no cold-, exercise- or emotion-induced asthma
    - Australia: all divers to pass spirometry prior to certification
- Tetracyclin: sun exposure !!!, (but works against malaria)  
Photosensitivity reactions may occur in hypersensitive persons
- Accidents : traffic – bike/MC remember: helmets !!!



## **2Y MISSIONARY SHOOL IN KENYA**



- Mom, nurse, now housewife
- Dad , teacher
- Katherine 11 years
- Caroline 6 years
- Hans 1 year



## LOCATION

- Rented house in a village
- Primary health care center in the village
- Local hospital 1 hour ride by car

# **WHAT TO BRING ?**

# GENERAL ADVICES

- Usual Drugs (chronic diseases), obs doctors letter
- Vaccinationcard
- Skin
  - Sun protection F20-50
  - Insect bite treatment – antihistamine/lidocain
  - Desinfection (chlorhexidin)
  - Fucidin
- Mosquito spray Autan (alternatively DEET for infant >2 months)
- (Consider impregnated bed net)
- Drugs for treatment of travellers diarrhea
  - Fluid/Revolyt
  - Loperamid (>12y)
- Others
  - Pain killers (Paracetamol)
  - Antihistamin
  - Melatonin
  - Plaster/dressing

# CLEANING OF WATER



	BACTERIA	VIRUSES	GIARDIA/ AMEBAS	CRYPTOSPORI DIA	NEMATODES/ CERCARIAE
Heat	+	+	+	+	+
Filtration	+	+/- <sup>1</sup>	+	+	+
Halogens	+	+	+ <sup>2</sup>	-	+/- <sup>3</sup>
Chlorine dioxide and photocatalytic	+	+	+	+	+

<sup>1</sup>Most filters make no claims for viruses. Hollow-fiber filters with ultrafiltration pore size and reverse osmosis are effective.

<sup>2</sup>Require higher concentrations and contact time than for bacteria or viruses.

<sup>3</sup>Eggs are not very susceptible to halogens, but risk of waterborne transmission is very low.

# ADVANCED

- Malaria prophylaxis and self treatment
- Infection treatment
  - Amoxi (clav), metro, mebendazol
  - Azithromycin, Ciproxin to consider if diarrhea
- Minor injuries – self treatment (suture)
- Depending of the family:
- Emergency treatment?
  - Febrile convulsions ?
  - Accidents: morphins
  - I.V line
  - Im ceftriaxon ?
  - Other ?

# BY THE WAY - KEEP AWAY FROM SNAKES



# SNAKEBITES

- No torniques
- Immobilize
- Antivenem

**PLOS** | NEGLECTED  
TROPICAL DISEASES

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RESEARCH ARTICLE

The Treatment of Snake Bites in a First Aid Setting: A Systematic Review

Bert Avau<sup>1\*</sup>, Vere Borra<sup>1</sup>, Philippe Vandekerckhove<sup>1,2,3</sup>, Emmy De Buck<sup>1,2</sup>

**Conclusions**

The practical recommendation for the treatment of snakebite in a first aid setting is to immobilize the victim, while awaiting the emergency services. However, given the low to very low



[www.rch.org.au/clinicalguide/guideline\\_index/Envenomation\\_and\\_Bites](http://www.rch.org.au/clinicalguide/guideline_index/Envenomation_and_Bites)

# USEFUL WEBSITES

- [SSI.dk](#)
- <https://www.cdc.gov/outbreaks/>
- <https://wwwnc.cdc.gov/travel/yellowbook>
- <http://www.netdoktor.dk/sunderaad/fakta/rejseapotek.htm>
- <http://www.sygeboern.dk/rejse-ferie/rejseapotek>
- <http://www.ssi.dk/Vaccination/Rejsevaccinationer.aspx>
- [www.iamat.org](http://www.iamat.org)