

If you can't be good, be safe.

Brits abroad. Bulls in china shops. Scary eh?
Our brains are disengaged when we go on
holiday. Accidents kill more tropical
travellers every year than malaria and all the
tropical diseases combined.

For people who like living:

When driving:

- ✓ Don't drink and drive.
- ✓ Select a safe car. Check for seat belts, good tyres and brakes.
- ✓ Avoid travel at night. This is when the lunatics drive. You will never see that rock on the road.
- ✓ Ask about local road laws and signs.
- ✓ Hiring motorbikes or mopeds, especially without a helmet, is like signing your own death warrant.
- ✓ Make sure that your travel insurance covers you for road traffic accidents. Many European countries, e.g. Greece, do not have reciprocal health agreements.

When swimming:

- ✓ Never dive into water of an unknown depth.
- ✓ Ask local people about safe swimming areas. Jelly fish, strong currents and even sharks may be a local threat.
- ✓ Wear plimsoles or wet suit boots in areas where there might be coral or sea urchins.

Make sure that your travel insurance covers you for emergency repatriation.
Alcohol in excess is public enemy number one as a cause of fatal accidents.

Playing away from home

World wide HIV is most commonly caught through sex between a man and a woman. It is also caught during blood transfusion in countries which do not screen their blood for HIV, or by reusing unsterile needles. HIV is very common in many countries. In some areas almost 100% of prostitutes and 30% of the population are infected. Most people with HIV infection do not look ill. Hepatitis B, Syphilis, Gonorrhoea and Chlamydia are further reasons not to have casual sex. By the way mosquitoes do **not** carry HIV.

Protect your immune system from HIV:

- ✓ If you must have casual sex, use a condom. Condoms provide good but not complete protection.
- ✓ Buy condoms before you travel. Look for the British standard kite mark.
- ✓ Avoid unnecessary medical or dental treatment.
- ✓ Avoid having a tattoo, acupuncture or having ears or body parts pierced.
- ✓ Avoid having a blood transfusion unless it is urgently required to save your life.
- ✓ Avoid drug taking, especially with shared needles.
- ✓ Avoid excess alcohol. Alcohol will make you more likely to ignore this advice.
- ✓ Carry a sterile emergency medical kit.