

Health and Safety Information

COVID-19

The coronavirus disease (COVID-19) pandemic has led to unprecedented international border closures and travel restrictions being imposed without notice.

Before making travel plans you should check the following:

- check for country specific Travel Advisory Notices (travel restrictions) and entry requirements
- check for self-isolation (quarantine) rules for when you return back to your home.

General Information

Your travel health needs will depend on your individual situation, including:

- how long you'll stay
- what you'll be doing
- your general health

Ideally consult with your travel healthcare practitioner 6-8 weeks in advance of travel. If your trip is sooner, contact them anyway, they may still be able to help.

Disabilities, medical conditions, allergies or dietary preferences:

It is essential that you advise us before your booking is confirmed whether you have any disability, medical condition or allergy which may affect your holiday or compromise your safety, or any special requirements as a result of any disability, medical condition or allergy so that we can jointly address the suitability of the proposed booking. Please also inform us of any dietary preferences

If you will be travelling with medication (including over the counter medication) you should check for any restrictions on medications before you travel.

Ensure you have travel insurance and are fully covered for medical emergencies including repatriation.

If you are unwell on return from travel, seek medical attention and let your healthcare practitioner know where you have been.

Immunizations

Confirm primary courses and boosters are up to date as recommended by your doctor including for example, seasonal flu vaccine and vaccines required for lifestyle risks and underlying medical conditions.

Rabies

Spread through the saliva of an infected animal, usually through a bite, scratch or lick on broken skin. Particularly dogs and also cats and bats. Risk is higher for those going to remote areas, long stays and children. All travellers should avoid contact with animals (both wild and domestic) particularly dogs and cats. Even when pre-exposure vaccine has been received, urgent medical advice should be sought after any animal or bat bite.

Malaria

Malaria not normally present unless the illness was contracted abroad.

Other Health Risks

Altitude and Sea sickness

Travellers who may go trekking into areas of high altitude in the hill country or undertake water based activities like Whale Watching or Deep sea fishing should take care to avoid ill effects.

Dengue Fever

A viral illness that is transmitted to humans by mosquito bites. The mosquito that spreads dengue bites during the day and is more common in urban areas. Symptoms include fever, headache, severe joint, bone and muscular pain. There is no vaccine and prevention is through avoidance of mosquito bites.