



## TRAVEL ADVICE

For Students and Staff intending to undertake:

▶ Business travel

▶ Electives

▶ Field trips

▶ Expeditions

▶ Study abroad





## ASSESSING YOUR HEALTH NEEDS

The type and extent of the health screening that you will require depends on an assessment of what your proposed trip will involve:

### Field trips / expeditions

The field trip co-ordinator / expedition leader will let you know if you need to arrange an appointment with Occupational Health Services for a formal medical assessment.

### Other trips

You will need to complete the Self-Assessment form on the Occupational Health Services website ([www.manchester.ac.uk/occupational-health](http://www.manchester.ac.uk/occupational-health)) and follow the instructions which include advice on whether or not it is necessary for an appointment with the Occupational Health Service for advice, vaccinations or a more detailed assessment.

Depending on the nature of your trip, it may be necessary to contact a named person where you will be staying for details of local medical arrangements.

### Got any questions?

If you have any questions about preventative medication, vaccinations etc please contact Occupational Health as soon as travel is confirmed. Some vaccinations need to be given over a number of weeks. If you advise us of your planned itinerary, we can provide you with medical advice specific to your travel, and travel packs containing medication, syringes etc if required.

Please note that these services are only available to staff and students undertaking work / study-related travel and in some cases there may be a cost involved to the individual or the school / department.

## Itinerary

You are advised to give your family / friends and someone in your school, faculty or department a copy of your itinerary. We have included a template at the back of this guide to help you with this.

You should include:

- Contact details (including telephone number and email) of an emergency contact in the UK.
- Where possible, contact details (including telephone number and email) of a contact at your destination.
- Full departure and arrival details (eg date, time, flight numbers etc.)

## Dangerous areas

There will be certain areas where it is, or may become unsafe to visit. You should check with the Foreign and Commonwealth Office Advice website [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel) for any warnings about the area(s) you intend to visit.

Please be aware that if you travel against the advice of the Foreign and Commonwealth Office, it may invalidate your travel insurance.



## Visa/passport

Check the visa requirements for your destination and any stopovers with the relevant embassy. Make sure that your passport is up-to-date and covers the period of your absence from the UK.

## Insurance

You must ensure that you have adequate travel insurance to cover all medical expenses, including repatriation to the UK in the event of an emergency.

You should declare any current, or previous, medical conditions to your insurance company as not doing so may result in them not covering you in the event of a claim.

## Security tips:

- Take photocopies of all important documents with you. This should include visas, passport, contact numbers, insurance documents etc. Keep them in a safe place, and separate from the originals. If you can, scan copies before you go and email them to yourself to allow access via the internet.
- Do not agree to carry bags or additional goods for anyone. Innocently helping a stranger with their baggage can result in you being arrested.
- Do not show off your relative 'wealth'. Keep money hidden, and be aware of 'flashing' designer clothes and jewellery etc.
- Carry as little money and as few documents as possible with you.
- To reduce the risk of mugging, travel in groups; avoid remote areas after dark; use a torch; keep on the move; carry an alarm or anti-personnel spray (please note such sprays may be illegal in some countries).
- Respect local customs and dress codes.
- Stay in contact with your luggage unless it is locked in your room or stowed safely on transport.
- Always check that you have left nothing behind.
- Do not hire a room that is not secure; lock it every time you leave and when you are inside.
- Read the fire drill notice in your hotel room / conference venue and familiarise yourself with the fire exits.
- If you are robbed go straight to the police and report the theft.
- Be aware that the majority of traveller fatalities result from road traffic accidents and not exotic diseases.

## Health advice

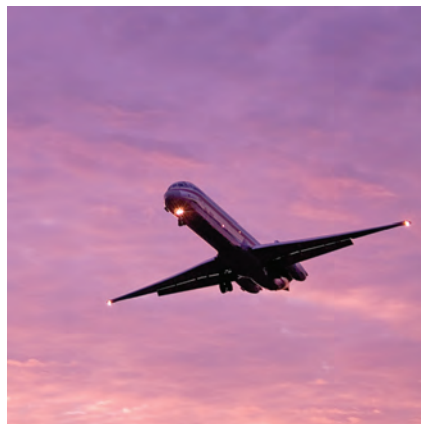
We cannot cover comprehensively all possible health / medical conditions, however the advice below covers the most common.

### Deep Vein Thrombosis

There is believed to be a link between long haul travel and the risk of Deep Vein Thrombosis, though it is rare.

Aircraft conditions and sitting in a fixed position for long periods of time may contribute to this risk which can be reduced by:

- If you have concerns about your medical history, discussing this with the Occupational Health Service, your GP or specialist before you travel.
- Wear compression stockings (below the knee and correctly fitted).
- Avoid sleeping tablets.
- Exercise legs and calf muscles during the flight.
- Avoid dehydration by drinking lots of water and avoid alcohol.



## Jet lag

Crossing time zones can result in fatigue and disorientation. You can ease this by:

- Trying to adapt as quickly as possible to the new local time, for example by resting at night even if not tired and avoiding naps which delay adaptation to the new time.
- Avoid the use of sleeping aids / tablets.
- If possible avoid driving for at least twenty-four hours after arrival.

## Diarrhoea

This is the most common condition affecting travellers, especially in hot countries.

It can result from a change in routine, temperature, diet etc. but may also be due to infection which can largely be avoided by taking simple hygiene precautions:

- Wash hands before handling food and after going to the toilet.
- Check whether the water supply is safe to drink, and if in doubt use bottled or sterilised water (use this also to clean teeth).
- Eat only hot, freshly cooked food from trustworthy sources (eg avoid street vendors).
- Avoid ice cream and ice in drinks.
- Only eat "peelable" fruit.
- Avoid salads which may have been washed in contaminated water.
- Avoid shellfish.
- Avoid unpasteurised milk.



## Sunstroke

Do not underestimate how ill you can become following exposure to the sun. If you do need to be outside in the sun:

- Wear a hat with a brim, long loose clothing, sunglasses etc.
- Use an appropriate sun block.
- Avoid the mid-day sun.
- Avoid dehydration by ensuring that you drink plenty of fluids (non-alcoholic!) especially if exercising or undertaking strenuous work.



## Travel and Altitude Sickness

If you are travelling to a high altitude airport, and / or climbing mountains above 2400 metres, you are at risk of developing altitude sickness.

There is no way of anticipating whether or not you will be affected, and having experienced this in the past does not indicate a likelihood that you will be vulnerable on another occasion. It is therefore important to make time in your schedule for your body to acclimatise. This allows for the physiological changes required for your body to cope with the potentially fatal effects of low oxygen at altitude. If you arrive at a high altitude airport you should try to schedule at least one to two days of rest before attempting ascent to a higher level. If walking, plan to climb no more than 400 metres each day. This should be reduced to 150 to 300 metres per day if your total ascent will be more than 4300 metres.

If you are visiting multiple destinations, remember that any physiological changes gained are lost within one to two days after descending to sea level. Plan your itinerary with this in mind.

To treat the sickness, headaches can be relieved by using analgesics eg paracetamol. Acetazolamide at 125-250mg twice daily may provide a useful prevention against acute altitude sickness. In the case of persistent symptoms e.g. headaches, nausea etc. it is advisable to descend 300 metres immediately. If the symptoms fail to subside you should continue to descend.



### Contact details

#### Oxford Road site

tel 0161 275 2858  
email waterloocchealth@manchester.ac.uk

#### Sackville Street site

tel 0161 306 5806  
email millocchealth@manchester.ac.uk



## Travel itinerary

A useful template for you to leave your travel details with family/ friends and your school, faculty or department.

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Mobile tel \_\_\_\_\_

Email \_\_\_\_\_

Name of emergency contact in UK \_\_\_\_\_

Contact details for emergency contact \_\_\_\_\_

### Outward journey

Mode of travel (eg plane / train) \_\_\_\_\_

Departure date \_\_\_\_\_ Departure time \_\_\_\_\_

Departure city and country \_\_\_\_\_

Arrival date \_\_\_\_\_ Arrival time \_\_\_\_\_

Arrival city and country \_\_\_\_\_

Carrier \_\_\_\_\_ Flight number \_\_\_\_\_

Accommodation details in destination \_\_\_\_\_

Name of contact at destination \_\_\_\_\_

Contact details for person above \_\_\_\_\_

### Return journey

Mode of travel (eg plane / train) \_\_\_\_\_

Departure date \_\_\_\_\_ Departure time \_\_\_\_\_

Departure city and country \_\_\_\_\_

Arrival date \_\_\_\_\_ Arrival time \_\_\_\_\_

Arrival city and country \_\_\_\_\_

Carrier \_\_\_\_\_ Flight number \_\_\_\_\_

## Checklist for travel

- Vaccinations
- First aid supplies
- Medication
- Insurance
- Itinerary given to contact in UK
- Passport and visas
- Travel money

Occupational Health Services  
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M13 9PL  
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[www.manchester.ac.uk/occupational-health](http://www.manchester.ac.uk/occupational-health)

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