

Stay well on the go:

6 travel health tips from an infectious diseases expert



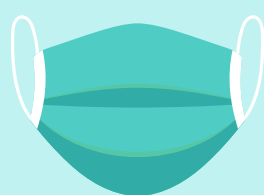
1 Check for travel health risks early

- Infectious threats vary by region – think malaria in sub-Saharan Africa or respiratory viruses in dense cities.
- Some destinations require vaccines (e.g. yellow fever, typhoid); some need multiple doses over weeks.
- Visit a travel doctor 4–6 weeks before departure, especially if you have pre-existing health conditions.



2 Practise hand hygiene and food safety

- Wash hands frequently with soap and water or use alcohol-based sanitiser.
- In areas with poor sanitation, prevent foodborne illnesses by following the rule: boil it, cook it, peel it or forget it.



3 Bring your protective essentials

- Include insect repellent, face masks, hand sanitiser.
- Pack prescription meds in original packaging with extras for delays.
- Store medications in carry-on luggage.
- Check import restrictions on medicines at your destination.



4 Know where to get help

- Research healthcare facilities at your destination.
- Carry emergency contacts and check your insurance coverage.
- If unwell after travel, inform doctors of your recent travel history.



5 Pack a basic health kit

- Include pain/fever meds, anti-diarrhoeals, oral rehydration salts.
- Pack plasters, antiseptic wipes/sprays and SPF30+ sunscreen.
- Customise based on location, trip length and personal needs.



6 Stay updated on advisories

- Check for country-specific updates before travel.
- Refer to Singapore's **Ministry of Foreign Affairs, the Immigration and Checkpoints Authority** and the **Health Ministry**.
- The World Health Organization's **International Travel and Health page** also provides global and destination-specific updates.

In consultation with **Dr Louisa Sun Jin**, Consultant, Division of Infectious Diseases, Department of Medicine, and Head, Infection Prevention and Control and Epidemiology Unit, **Alexandra Hospital**, and Deputy Director, **Centre for Infectious Disease Emergency Response, National University of Singapore**

