

Health tips for travellers

More and more Hong Kong people are travelling nowadays to developed as well as undeveloped countries for leisure. But not all of them are aware of the health dangers they face during those trips.

To save themselves from possible trouble, they should seek health advice before taking off.

Health hazards vary from country to country. Developing countries pose higher risks. Travellers often come down with diarrhoea while visiting countries in Asia, Africa and Central America because of contaminated food and water.

While in those countries, visitors should maintain good hygiene, and avoid eating vegetables, meat, seafood and other foods raw.

And they should avoid consuming ice or water straight from taps.

They should also guard against mosquitoes, prevalent in tropical and subtropical countries, by wearing clothes with long sleeves and by applying insect repellents to the exposed parts of their bodies while outdoor, and have mosquito nets to keep insects away when sleeping.

There are vaccines and drugs for preventing certain diseases but they should be taken at least four weeks before a trip. If you feel unwell on your return home, consult a doctor immediately.

Children, elderly people and pregnant women are more vulnerable to getting sick while travelling abroad.