

COMMON HEALTH CONDITIONS AFFECTING FEMALE TRAVELLERS:

Traveller's Diarrhoea

Respiratory Infections

Urinary Tract Infections

Injuries

DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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BEFORE TRAVEL

- In **MEDIUM**, **HIGH** and **EXTREME** risk locations, ensure your flight does not arrive late at night or early in the morning.
- Make transport arrangements from the airport.
- Set up international roaming on your telephone and program key contact numbers prior to travel.
- Email yourself copies of important documents e.g. passports, visas.
- Send itinerary details to a friend, family member or colleague. Consider planning some check-in calls during the trip.

CONTACT US



Call your local International SOS Assistance Centre for more itinerary-specific information and advice if required.

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Philadelphia, USA

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Sydney, Australia

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London, UK

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Singapore

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Dubai, UAE

+81 3 3560 7183
Tokyo, Japan

TRAVEL HEALTH TIPS



RESEARCH the health risks of your destination.



Have a check up with your **DOCTOR** and **DENTIST** before you travel.



Check that your **VACCINATIONS** are up to date.



Ensure you **MONITOR** for outbreaks of infectious diseases.



Pack a basic **FIRST AID** kit.



Keep all medication in its **ORIGINAL PACKAGING**. Pack a **COPY** of your prescription with the drug.

WOMEN'S TRAVEL RISK GUIDE



TRAVEL SECURITY TIPS

No matter where you are in the world, the same **SAFETY PRINCIPLES** apply. It is important to **UNDERSTAND** the risks and dangers, and **REDUCE** the risk as much as possible.

KNOW WHERE YOU ARE GOING.

RESEARCH your destination, from reliable sources, including the cultural traditions specific to women.

UNDERSTAND THE RISKS.

Understand your **PROFILE-SPECIFIC SECURITY RISKS** in your destination.

PLAN IN ADVANCE.

Arrange suitable **ACCOMMODATION AND TRANSPORT** ahead of time.

MONITOR DEVELOPMENTS.

STAY APPRISED of any changes to the security environment.



BE CONFIDENT

and stay calm in uncertain situations.

STAY ALERT

to your surroundings.



TRUST YOUR INSTINCT.

Remove yourself from unsafe or uncomfortable situations.



Know when to be firm and **SAY NO.**

Call for help if the situation escalates.



BLEND IN.

Keep a low profile.

PACK APPROPRIATELY.

Bring clothes that reflect the local climate and culture. Bring a doorstop or portable alarm for extra security.



Keep copies of important documentation separate from the originals.



Always keep your passport with you.



Do not carry too much cash with you.



Keep spare money hidden separately.



Use credit or travel cards. Use ATMs at hotels or other indoor commercial establishments.



Do not wear jewellery and clothing that may be perceived as expensive.



AVOID ISOLATED AREAS OR SITUATIONS. Travel in groups where possible.



DO NOT SHARE A TAXI WITH STRANGERS. Only use official taxis or transportation pre-arranged by your hotel or reliable providers.



PLAN TO ARRIVE AT YOUR DESTINATION BEFORE DARK. Avoid driving at night.



PROGRAMME YOUR PHONE WITH KEY CONTACTS. Ensure the phone is fully charged before heading out. Carry a charger if needed.



GIVE SOMEBODY at home your itinerary.



RESTRICT EVENING ENTERTAINMENT to secure locations and go out as part of a group if possible.