

Heath Notice for Party Leaders

We recommend that all travellers should read the Department of Health guidance leaflet T7.1 (Health Advice for Travellers);

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4135858.pdf

In the case of European travel, each group member should obtain a 'European Health Insurance Card' (EHIC), which replaces the 'E111 form';

www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/Introduction.aspx

To obtain up-to-date general travel information and country specific health advice, we also recommend visiting the Foreign Commission Office site; www.fco.gov.uk and the National Travel Health Network and Centre (NaTHNaC) website; www.nathnac.org/ds/map_world.aspx

The role of Health Protection Agency (HPA) is to protect UK public health through the provision of support and advice to other health related authorities and schools (via local authorities). The HPA also often issue a 'Position Statement' regarding any significant current worldwide health issues in the news, to inform the UK public how their health may be affected; www.hpa.org.uk/

Health facilities, hygiene standards and disease risks vary worldwide. You should seek medical advice about your specific health needs relative to the countries of travel as early as possible to ensure that vaccinations or preventative measures such as malaria tablets are administered early enough (which may be a month or more prior to departure) to be fully effective by the date of travel.

Sources of UK medical information include; www.fitfortravel.nhs.uk and the National Travel Health Network and Centre (NaTHNaC) website; www.nathnac.org/travel/factsheets/index.htm

Before travelling we strongly advise you to consult your own general medical practitioner (GP) who will be in the best position to take into account any relevant personal health factors or any current disease epidemics when advising you. If you are prone to travel related illness or have health conditions that require medication, please ensure that you take sufficient medication with you as some medicines may not be available locally.

Digestive upsets can be common on any trip overseas and in particular, on long-haul tours. Often (even where food and water is considered safe to consume) this can simply be a response by the body to a change in climatic conditions, food and water. Where however water is unavailable or not considered safe to drink, a good source of guidance information is the NaTHNaC Information Sheet 'Food and water hygiene'; www.nathnac.org/travel/misc/travellers_food.htm