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How to stay healthy when on holiday!



There is nothing worse than to be sick on holiday, especially if the traveller is unprepared! This can ruin an exciting time and be very costly - unless you plan ahead.

The first step is to make sure you have adequate health insurance - not to mention protection in case your trip is interrupted - or worse still, cancelled. Your Legacy travel adviser will help in ensuring that you are well protected from any unforeseen incident.

Before leaving, make sure your immunizations are up to date to protect yourself from vaccine preventable illnesses. Unfortunately some sickness cannot be prevented by immunization. In such cases, prepare ahead by bringing possible antidotes with you. Do not hesitate to consult your local pharmacy. In the case of antibiotics you need to get a prescription from your doctor - try not to leave this until the last moment.

One unpleasant but quite common malady when travelling, is diarrhea. Dukoral can be bought over the

counter and it is better to buy it at home rather than try and search for it abroad - especially if English is not the first language of the country you are visiting..

We usually pack more clothes than we need, but we sometimes overlook and fail to pack simple necessities like pain relievers, antacids, anti nausea medication for travel sickness, Deet to repel insects, sunscreen, adhesive bandages and ointment for possible cuts and scrapes. Your travel adviser at Legacy will provide advice on the assembling of your 'first aid' kit!

Contaminated food and especially impure water are the most common causes of sickness when travelling. Therefore, avoid uncooked food like shellfish and also anyfoods washed in water that may be unsafe, and this includes ice-cubes. To be on the safe side, only drink bottled or boiled water.

While these precautions may seem 'over the top', it is better to be safe than sorry. Your travel adviser at Legacy will help you minimise the risk of getting sick while travelling. In this way you are guaranteed, hopefully, a healthy and thoroughly enjoyable holiday.