The number of women that travel abroad for business increases yearly

A 2015 survey on travellers found that

56% of the women travellers had experienced an illness while abroad, most commonly a gastrointestinal problem.

80% of the women travellers have worried about their personal safety while abroad, with financially motivated crimes being the most common concerns.

11% had suffered an insect-borne disease (e.g. dengue, malaria)

9% ran out of medication during their trip

9% got bitten by an animal

Statistically, women travellers are MORE LIKELY than male travellers to have experienced:
1. Psychological stress
2. Medication reaction
3. Dental problems

COMMON HEALTH CONDITIONS AFFECTING FEMALE TRAVELLERS:
- Traveller’s Diarrhoea
- Respiratory Infections
- Urinary Tract Infections
- Injuries

TRAVEL HEALTH TIPS

RESEARCH the health risks of your destination.

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

Check 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.
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.
FAMILIARISE yourself with your destination.

DO YOUR PLANNING.
PLAN your trip prior.

PRE-BOOK YOURSELF ONLINE where possible.

UNDERSTAND THE POTENTIAL PRIMARY SECURITY THREATS in the country you are travelling to.

BE CONFIDENT
and stay calm in uncertain situations.

Use your COMMON SENSE

Learn to say: NO. THANK YOU.

STAY ALERT
of your surroundings.

BLEND IN
don’t draw attention to yourself.

LOOK THE PART.
Dress according to the country’s culture.

Keep copies of important documentation separate from the originals.

Always keep your passport with you.

Don’t carry too much cash with you.

Keep spare money hidden separately.

Use credit or travel cards.

Don’t wear expensive jewellery.

AVOID TRAVELLING
by foot or alone where possible.

DON’T SHARE A TAXI WITH STRANGERS. Rely on hotel taxi transport if you have a choice.

TRY TO ARRIVE AT DESTINATION BEFORE DUSK. Avoid driving at night.

PROGRAMME MOBILE PHONE WITH KEY CONTACTS. Ensure your battery is always charged.

DON’T SHARE A TAXI WITH STRANGERS.

GIVE SOMEBODY at home your itinerary.

BE SENSITIVE to local customs and traditions.

KNOCK WHERE YOU ARE GOING.
FAMILIARISE yourself with your destination.

DO YOUR PLANNING.
PLAN your trip prior.

PRE-BOOK YOURSELF ONLINE where possible.

UNDERSTAND THE POTENTIAL PRIMARY SECURITY THREATS in the country you are travelling to.