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

**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.

**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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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.

BE CONFIDENT
and stay calm in uncertain situations.

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.

Be sensitive to local customs and traditions.

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.

Give somebody at home your itinerary.

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.

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