

Working for a healthier world



# Have you remembered to pack your health?

Don't get ill and ruin your trip, there's lots you can do to stay healthy before you travel, when you're away and back at home.

In association with:



[www.interhealth.org.uk](http://www.interhealth.org.uk)  
020 7902 9000



## Before you travel

Don't let a nasty tropical disease get in the way of your volunteering and adventure travel. Every year nearly 500,000 individuals of all ages undertake short-term projects and expeditions with a range of organisations. They assist in diverse assignments in some of the world's poorest countries and explore some of the most exciting parts of the world!

You may be travelling to a country with high risks to both your health and security. Perhaps the project you are working in puts you at risk of malaria, dengue fever or TB?



Our specialist Travel Clinic is located in central London and runs a vaccination and travel advice service for short-term and long-term travellers and volunteers going abroad.

All vaccinations are available from InterHealth and we are able to provide individuals with up-to-the minute recommendations on vaccines and antimalarials from our specialist travel health databases. We are also a World Health Organisation recognised centre for Yellow Fever vaccination.

In your consultation an InterHealth nurse will give you specific recommendations about what vaccinations you need for your trip and how you can prevent malaria

and other tropical illnesses, including how to avoid the biggest nuisance of all – Diarrhoea. This consultation is free if you join the TravelWell Plan for one year at just £50 per person.

The TravelWell Plan provides subscribers with a package of remote medical support services and travel health information before, during and after your trip. Subscription can apply to individuals, families or organisations. For more information, visit our website. [www.interhealth.org.uk](http://www.interhealth.org.uk)

Before you travel we recommend visiting us at InterHealth for a Travel Health Consultation.

## When you're away

All your essentials for global travel. Do you need a mosquito net, travel health guide, sleeping bag, sun protection, personal medicines or tablets for malaria?

Our TravelShop provides access to a wide range of travel supplies and equipment that can be purchased online or from our clinic in Waterloo, London.

Visit our online TravelShop at <http://shop.interhealth.org.uk>

To order any medicines you need to be a TravelWell Plan subscriber.



## Back at home

Although most people return home well and without problems, you can never be sure. Did you know that about HALF of all swimmers in Lake Malawi test positive for Bilharzia when checked at InterHealth or other tropical centres? You can contract Bilharzia and feel entirely well for the first few months without any symptoms at all!



### Returners Medical Check-Up

The consultation screens for diseases you may have been exposed to. As well as giving you and your family peace of mind it enables our doctors to identify any issues before they become problematic. The appointment includes key tests such as a red and white blood cell count and a stool test for parasites. This can also include screening for Bilharzia if you may have been exposed.

TravelWell Plan Subscribers  
£93  
£130 (plus Schistosome test for Bilharzia)

Standard  
£119  
£164 (plus Schistosome test for Bilharzia)

If you return unwell or develop a fever when home you must see a doctor. In an emergency we will aim to see you the day you phone in.

Once home, book up a 20-25 minute Returners Medical Check-up

### Win an InterHealth Essential Kit!

Our essential kit, which includes a drawstring bag made from 100% natural unbleached cotton, contains all the most basic items that you'll need for your trip. Ideal for minor medical queries. It includes:

- Expedition 50% repellent spray
- Lifesystems single box mosquito net
- Iodine tablets
- Neutralising tablets
- Berlitz Travel health Pocket Guide
- Travellers first aid kit
- Sun Cream SPF 30 (retail value £60).

All you need to do is answer the following question to win one of three essential kits!

Q. Swimming in Lake Malawi is associated with which parasitic disease?



To enter, simply email us your answer to [gap@interhealth.org.uk](mailto:gap@interhealth.org.uk) together with your name, email address and the organisation you are travelling with (if applicable).

Winners will be announced online on the 20th April to coincide with our new website launch. [www.interhealth.org.uk](http://www.interhealth.org.uk)

By entering this competition you automatically receive regular email updates from InterHealth to tell you about our services and global health work. However, if you do not wish to receive these updates, please indicate this in your email.

## Pay InterHealth a visit

InterHealth is a specialist health charity in central London (Waterloo) providing medical and travel health support to volunteers, expeditioners and those on GAP projects.

## How to book

Call our reception team on 020 7902 9000  
or come along in person to our clinic at:  
111, Westminster Bridge Road, London SE1 7HR.  
Open between 9am-5pm Mondays to Fridays.  
We look forward to meeting you.