

DIARRHOEA

- ➔ Water, ice cubes and contaminated food are the most common cause of the traveller's diarrhoea. It is essential to watch what you eat and what you drink. Follow the basic hygienic rules.
- ➔ For mild diarrhoea, an astringent diet and rehydration are usually enough.
- ➔ Drink plenty of fluids, 2-3 litres a day to maintain a good hydration.
- ➔ Oral rehydration can be used but always must be prepared with drinking water. Or prepare a home made solution adding 2 spoon of sugar, a very little salt and one lemon juice to 1 litre of dinking water.
- ➔ Avoid anti-diarrhoea tablets that decrease intestinal motility such as loperamide (Fortasec®, Imodium®).
- ➔ If diarrhoea is accompanied by high fever, blood, mucus or pus you must see a doctor!



RABIES

Disease caused by a virus transmitted by the bite of infected animals such as dogs, cats and bats.

In case of a bite is essential to go for rapid post-exposure treatment regardless of the person been vaccinated previously or not.

- ➔ Wash the wound thoroughly and as vigorously as possible, for 15 minutes with water (and soap if available) and then disinfect it with alcohol, iodine or other available antiseptic. The virus is spread through the nervous system, not by blood. This is why a good cleaning can eliminate lots of viruses.
- ➔ Do not suture the wound.

You should immediately contact a qualified health centre to implement post-exposure prophylaxis: application of the vaccine and immunoglobulin (serum) anti-rabies depending on the type of injury, site of injury and the vaccination status of the person.

If you do not know which the nearest centre is, **contact your health insurance company** to ask for the appropriate centre.

UNITAT DE SALUT INTERNACIONAL Catalunya Central (International Travel Advice)



If you have to travel an exotic or tropical place come to the **UNITAT DE SALUT INTERNACIONAL** (International Travel Advice)

YOU SHOULD COME

At last 6 weeks before departure.

It is recommendable to pay a visit to your family doctor.

WHERE TO GO

Ask for an appointment at the

ANOIA:

93 803 36 46 of CAP Igualada Urbà, Passeig Mossèn Jacint Verdaguer, 170, Igualada.

BAGES-BERGUEDÀ:

93 874 81 78 of CAP Bages, Carrer Soler i March, 6, Manresa.

OSONA:

93 889 02 22 of CAP Osona, Plaça Divina Pastora 6, Vic.

UNITAT DE SALUT INTERNACIONAL *Catalunya Central* (International Travel Advice)

Illnesses





MALARIA

Parasitic disease transmitted by a mosquito bite (Anopheles) that is active from dusk to dawn.

Incubation: 7 to 28 days.

→ 90% of cases occur during the first month, but cases have been reported up to 6 months after de mosquito bite.

Main symptoms:

- High fever with malaise and headache.
- Can be accompanied by diarrhoea and/or cough.
- Any traveller with fever, who is or has been in area with malaria, should consult a doctor to exclude Malaria.

Prevention:

- Cover up parts of the body exposed to mosquitoes with long trousers, long sleeved shirts and socks. Avoid dark clothes to attract mosquitoes.
- **Sleep in rooms protected** (with good mosquito nets on windows, air conditioning) or use mosquito nets in beds and spatial mosquito repellents as pyrethroids...
- Apply mosquito repellent from dusk to dawn.
- Chemoprophylaxis or standby treatment in some situations.

Treatment:

- Consult a doctor.
- Some travellers can be instructed to use standby treatment.

DENGUE

It is a viral disease transmitted by a mosquito bite from a mosquito (Aedes aegypti) active during the day. *There is no specific treatment or vaccine.*

The only prevention is to protect yourself against mosquito bites.

Incubation: 3 to 14 days.

Main symptoms:

- Usually high fever, malaise, headache and important rash ("spots on the skin").
- There is an especially dangerous form of dengue called haemorrhagic dengue (rare in travellers). To suffer this form of dengue, the traveller must have suffered the disease in at least two occasions previously and this must be caused by 2 different serotypes (there are 4).

Treatment:

- Antipyretics as acetaminophen/ paracetamol (aspirin and ibuprofen are contraindicated), rehydration and resting. Should consult a doctor.
- In fact, in countries where Dengue is present, in case of fever, it is recommended to take Paracetamol as **ONLY** antipyretic.

CHIKUNGUNYA



It is a viral disease in expansion transmitted by a mosquito bite from a mosquito (Aedes aegypti and Aedes albopictus) active during the day.

There is no specific treatment or vaccine.

The only prevention is to take measures to protect against mosquitoes bites.

Incubation: 7 days.

Main symptoms:

- Similar to a flu-like syndrome: usually high fever, malaise, headache, poliartalgias (joint pains).

Treatment:

- Antipyretics.

SCHISTOSOMIASIS

Disease caused by a parasite (Helmint) present in many tropical areas.

Larvae forms penetrate the normal human skin in infected fresh-water. The penetration of the skin may not be apparent.

It has a complex life cycle, but eventually the Schistosoma settle in different parts of the digestive tract or bladder (depending on the species).

Prevention:

- Do not take baths (also avoid getting your feet wet in ponds) in fresh water in all endemic areas.
- Chlorinated swimming pools and the sea are safe areas.