infovihtal #96

Holidays in tropical countries

When you return from the tropics, your doctor should give

you a check-up to make sure you have not caught any

If you are planning to travel to the tropics, it is worth observing a series of recommendations.

Before travelling

Before visiting a country in the tropics, you should visit your HIV doctor who

can refer you to a **Tropical Medicine** Unit.



Once there, you should tell the doctor what you plan to do so that he or she can help you evaluate any possible risks. A series of preventive measures to be followed in the country of

destination to prevent you falling ill will then be recommended.



Upon your return

tropical diseases:

Tell your doctor in detail

what you have been doing so that he or she can identify any risks.

Depending on the country you are going to visit, you may also need to vaccinate against some diseases.



During your stay

While you are staying in the tropics, you should observe a series of preventive measures:

Avoid bathing in untreated lakes or still water.



Avoid consuming unsterilised dairy products.



Eat food that is well cooked.



Use condoms in sexual intercourse.



Avoid contact with wild

Avoid consuming untreated water.

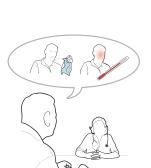


Avoid exposure to insects.



Blood test.







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Colaboran:

Diputació Barcelona

Àrea de Benestar Social



Physical examination.



If you display any symptoms, it is extremely important for you to notify your doctor so that he or she can do a more specific examination.