

Recommendations on medical consultation and information before travels and expeditions

Especially before long-distance journeys, individual consultation on the following issues should take place in form of an individual examination, taking into account the destination, season, conditions and duration of the journey:

- **vaccination check** (*always: tetanus, diphtheria, pertussis, polio, measles, mumps, rubella, seasonal flu; and others*)
- chronic illness
- medication
- travel sickness
- airworthiness
- hygiene on site
- first-aid kit
- prevention of deep-vein thrombosis in confined means of transport (*sufficient intake of fluids, simple exercises to activate the "muscular pump", stretching, walk around, abstention from alcohol and tight clothes; if necessary, medical stockings or prophylactic medication in case of risk factors like "birth control pill", overweight, active cancer, venous disorders, previous thromboses, old age, pregnancy, heart disease, smoking etc.*)
- UV-protection (*consider **UV-Index** and skin type, use lightproof clothes, headgear, suitable sunglasses, appropriate sun protection,*

renew every 2 hours with appropriate sunscreen, also under headgear, avoidance of strongest UV intensity)

- malaria prophylaxis
- mental stress
- protection against insects

In addition, information on the internet or in advice literature can be used in advance (e. g.:

www.gesundheitsinformation.de
www.dtg.org
www.who.com

Weiß, W. and Rieke, B.: *Der medizinische Ratgeber für beruflich Reisende, MedPrä 2012)*

More detailed information and assessment of your individual risk can be obtained during an **individual consultation** with a physician (general practitioner, institute for tropical diseases, etc.) who is experienced in travel medicine.

Consultations also can take place by appointment with the company doctor, while expedition examinations or over the phone.

source: Arbeitsgemeinschaft der Wissenschaftlichen Medizinischen Fachgesellschaften (AWMF). S3-Leitlinie Prophylaxe der venösen Thromboembolie (VTE). 10.2015. (AWMF-Leitlinien; Band 003 - 001 CRM Handbuch Reisemedizin 2016)

worked out by: J. Willhausen, BAZ Bremen e.V. April 2018
Tel.: 0049 471 43636 Bremerhaven
info-bhv@baz-hb