



Travel Clinics Australia Charter

Our goal is to protect the health of travellers, by providing exemplary clinical care along with specific advice and information for each traveller.

All TCA members are experienced travel health doctors.

More locations for greater convenience.

Better service at competitive prices.

Services include:

- Personalised service by qualified doctors
- Expert up-to-date advice with consultation
- Online database of travel health information
- All vaccinations on site
- Corporate health services
- Malaria tablets and travel medications
- International certificates of vaccination
- WHO accredited for yellow fever and all travel and all travel vaccinations
- Traveller's first aid kits and accessories
- Mosquito bite prevention items insect nets, permethrin kit
- The Traveller's Pocket Medical Guide

Destination – Sri Lanka

Located south east of India Sri Lanka is a developing nation with a tropical monsoon climate.

The recent settling of a long history of conflict in the north of the country is making Sri Lanka a popular destination for Australian travellers seeking unspoilt beaches and cultural diversity. It is still advisable to check the DFAT Smartraveller website for updates on civil unrest.

Vaccines to consider

Your basic immunisations such as Tetanus & Diphtheria, Measles, Mumps and Rubella, Chicken pox and Hepatitis B should be checked at your travel consultation

Other Vaccine preventable diseases to be discussed include;

Hepatitis A is a viral infection of the liver spread from person to person or by contaminated food and water. It has a 2–6 week incubation period and the death rate is 3 % with one in fifty travellers affected with jaundice, abdominal pain, fever and malaise for up to three months.

Typhoid is a bacterial infection of the gut and blood. It is spread by contaminated food or water related to poor hygiene. Symptoms include abdominal cramps, nausea, diarrhoea rash and fever with a death rate of up to 20% if not treated.

Japanese encephalitis is a viral infection spread by mosquitoes. Symptoms are usually absent but there may be fitting or reduced conscious state. Death rate is 25% with up to 30% long term neurological or psychiatric damage.

Rabies is a viral infection contracted by animals usually

dogs, monkeys, bats or any mammal. There can be irritation and pain at the site of the wound which progresses to muscle spasms and death. There are few known survivors of rabies reported once clinical symptoms are present.

Mosquito Borne diseases

Malaria prevention is no longer recommended for Sri Lanka however other mosquito borne diseases such as Dengue fever and Chikungunya Fever still exist so avoidance of mosquito bites with tropical strength insect repellents remain important for travellers. There are no vaccines available for these diseases.

Travellers Diarrhoea

The basic rule of 'boil, cook, bottle or peel' should be followed.

- **Boiling** water is the safest method of ensuring that it is safe to drink
- Food should be **cooked** thoroughly and eaten whilst hot
- **Bottled** water (including tea and coffee), canned or bottled beverages (check seals) are safe to drink. Avoid milk and dairy products that have not been pasteurised, treated (long life milk and stored in refrigerated conditions Freezing does not destroy organisms so avoid ice in drinks and ice cream
- Fruit and vegetables that you can personally **peel** are ok. Avoid thin skinned fruit such as apples, grapes and stone fruit.

Gastro kits are available at all TCA clinics and should be discussed in detail at your consultation.





Take care in the sun

With the hottest days of summer still ahead of us it is important to remember to take precautions to avoid heat related illness. In normal conditions our bodies' natural cooling systems adjust to the heat but these systems may fail if you're exposed to high temperatures and humidity for too long. Much of this can be prevented by drinking 2-3 litres of fluids per day.

Heat illnesses include:

- **Heat cramps** are painful muscle contractions. Affected muscles may feel firm to the touch. Your body temperature may be normal.
- **Heat syncope and exercise-associated collapse**
Heat syncope is a feeling of light headedness or fainting caused by high temperatures, often occurring after standing for a long period of time, or standing quickly after sitting for a long period of time. Exercise-associated collapse is feeling light headed or fainting immediately after exercising, such as after a race.
- **Heat exhaustion.** With heat exhaustion, your body temperature rises as high as 40 C, and you may experience symptoms including nausea, vomiting, headache, weakness, and cold, clammy skin. If left untreated, this can lead to heatstroke.

- **Heatstroke** is a life-threatening emergency condition that occurs when your body temperature is greater than 40 C. Your skin may be hot, but your body may stop sweating to help cool itself. If your heatstroke occurs during exercise in hot, humid weather, you may continue to sweat for a short time after exercising. You may develop symptoms including confusion, irritability, heart rhythm problems, dizziness, nausea, visual problems and fatigue. You need immediate medical attention to prevent brain damage, organ failure or even death.

Dehydration

It is possible to sweat up to 15 litres a day and thirst does not match all fluids lost by sweating. Mild to moderate dehydration increases stress on the heart and reduces fluid available for sweating. Even mild dehydration is associated with risk of injury and heat stress.

Those most at risk include;

- People aged over 65
- People with medical conditions such as diabetes, heart and kidney disease
- People taking medications that may affect the way the body reacts to heat such as antihistamines, blood pressure and heart medication, seizure

medication, diuretics (water pills) and anti depressants.

- People with disability who may not be able to communicate their discomfort.
- People who are over weight
- Pregnant women and breast feeding mothers
- People who work outdoors.

Points to remember in the extreme heat;

- Stay indoors, close curtains and blinds, turn air conditioning on
- Wear light, loose fitting clothing
- Limit physical activity
- Drink plenty of water
- Seek medical advice if unwell.

