



Central Coast  
Local Health District

## Healthy Bites Episode 38 – Staying well while on holiday

Hello, I'm Dr Kat Taylor, director of public health for Central Coast Health.

Are you planning a holiday somewhere? Did you know up to 80% of international travellers experience a travel-related illness during their trip?

Fortunately, most travel-related infections are preventable, and there are some simple steps you can take to reduce the risk of your holiday being spoiled by ill-health.

Visit your doctor to check your immunisation status, including routine immunisations as well as specific recommendations for your trip.

Consider packing a travel health kit, including prescription and over-the-counter medicines, with enough to last your entire trip, plus extra in case of travel delays.

During your trip, protect your health through wearing sun protection, avoiding insect bites, and staying hydrated.

Choose safe sources of food and water when visiting countries with high rates of diarrhoeal disease.

And remember, if you can't boil it, cook it or peel it, forget it.

For more information, speak to your GP. Don't let illness ruin your holiday plans!