

# health & safety

Don't be put off by this section.  
If you had no vaccination you would still be  
unlucky to contract a serious disease.

## prevention of disease while in Bali...

When crossing cultural borders health boundaries are crossed, a few precautions are sensible. See your doctor or visit a travel medical clinic. (some clinics over-do-it)

### Infection dangers

Is there a need to have all the needles? Look at the options and your individual needs, its not one system fits all.

### Change with the times

Older Australians may not be immune to conditions found in child-

hood. Tetanus, Diptheria, Measles and Whooping cough vaccinations do wear off. You can get a booster shot.

Hepatitis A is caught from infected food. Hepatitis B + C is caught from blood crossover. There is lasting protection from Hepatitis A + B with Twin-Rix. Individual protection from Hep A with Havrix and from Hep B with Energix.

Hep C has no vaccine. For typhoid and cholera,

*Malaria is best prevented by  
avoiding mosquito bites...*

**Always keep insect repellent handy,  
especially if you are out at dusk.**

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if there is no epidemic, no need to vaccinate.

### Other conditions

Less likely but Asian countries aren't as vaccinated so an outbreak may occur.

R - Booster tetanus, diphtheria, whooping cough

O - meningitis, polio, typhoid, cholera. A benefit of the oral cholera vaccine is some cross protection against E.Coli, a common cause of travellers diarrhoea. Routine vaccination to prevent R - influenza, R - hepatitis A + B R - measles

### Common things occur commonly

Travelling sensibly leaves little chance of contracting anything. The most common problems are diarrhoea, influenza and Hep A.



### prone areas

- planes & airports
- farms & animal markets
- restaurants & cafes
- unprotected sex
- low immunity from expired or lack of vaccination

## *malaria symptoms...*

**Episodes with relapsing high fever and sweating. Always get medical follow up as soon as possible to prevent recurrence or complications.**

### Mosquito disease

Mosquitoes can carry infectious diseases. They inject, draw blood and move on. A powerful way to spread disease. Denghi Fever is one such condition. There are others eg. BFV, RRV and more undiscovered.

### Malaria

Malaria is not a big problem in Bali. When over 2000 metres in altitude, it's safe. The Gilli Islands and Lombok are malaria zones. If you're going to a malaria zone, choose whether to take preventative medicine. You can take malaria treatment in your kit. The antibiotic Doxycycline (listed for the kit) is active against the malaria parasite. There is no 100% safe answer. The doctor carries stand-by treatment and has never used it. Always keep insect repellent handy, especially at dusk.

# health & safety

Mistakes in travelling are common, sometimes expensive but rarely dangerous if you don't go too far off course.

**Stick to all the rules and practices you know and keep safe...**

If you realize you are being lured into a back alley or upstairs just do what any captain does in dangerous waters. A reciprocal turn of 180°. Go back where you came from and be deaf to all persuasions. They will soon give up and find another goat to milk.

In the 'Hitchhikers Guide to the Galaxy' the late Douglas Adams offers some memorable bits of advice. Don't panic! is the first.

The other quirky advice is to always carry a towel,

for it has numerous uses. Today's Asian traveller might take a sarong instead.

This guide has the discerning mature person in mind. Someone who has learnt the value of caution and planning in achieving a smooth passage.

Attention to detail may seem eye-glazing but if your papers are not in order, there's just no mercy. Does your passport have 6 months left on it?

Give them no opportunity to detain you or have you turn back.

*Let the ship wrecks  
of others be your guide...*

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