



UK Health
Security
Agency


NaTHNaC

Visiting friends and family abroad?

Check the health risks for your
destination and stay safe



Before you go



Get advice from your GP surgery,
pharmacy or travel clinic

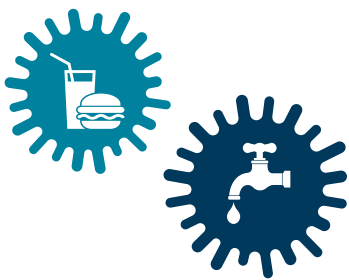


Check your routine
vaccinations are in date

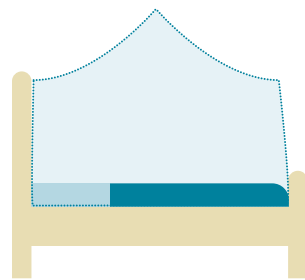


Check if you need vaccines or
antimalarial tablets before you go

While you're there



Follow good food and
water hygiene advice



Follow advice to avoid mosquito bites,
including sleeping under a bed net



Use repellent in areas where
insects spread disease

It's never too late to get travel health advice

**You are still at risk even if you have
lived in or visited a country before.**

Check the travel health advice for your destination
here: travelhealthpro.org.uk/countries