

Travel information-

For your safety while traveling!

A stay abroad involves many risks- by observing the following measures you protect yourself and your health.

I. Air travel:



- Adjust your sleep rhythm to the time difference in your destination if you are taking a time zone flight.
- Get plenty of sleep the first night after arrival to counteract jet lag.
- **Avoid sleeping pills and alcohol.**
- Try to maintain the daily rhythm of your home country if possible on a short trip.
- Keep moving during a long-haul flight and stand up more often to avoid leg vein thrombosis.
- Exercises to prevent thrombosis can be found here: <https://www.risiko-thrombose.de/files/downloads/Downloads/Venueubungen.pdf>
- Another way to prevent thrombosis during a long- haul flight is to wear thrombosis stockings, known as travel socks. If you have any pre-existing conditions that could lead to thrombosis, talk to your doctor about whether further measures are necessary.

II. Vaccinations:



- Get advice on the current vaccination recommendations from a trained doctor as early as possible before your departure. If you have any further questions, please contact the WAZ by e-mail at info@waz-fh.de or by phone at 0471- 986 931 00.
- An initial overview of which vaccinations are currently recommended can be found here: impfkontrolle.de.

III. Hygiene:

- **Wash your hands** thoroughly with soap before each meal and especially **after using the toilet.**
- Use disposable towels when possible.
- Keep your skin clean and dry.
- **Keep your nails short** to reduce the risk of infection.
- Get minor wounds treated immediately or use your first aid kit.



IV. Mosquito repellent:

- **Protect yourself with insect repellent** on all exposed areas of your body and repeat this regularly even after sweating.
- Apply mosquito repellent **about 15 minutes after applying sunscreen.**
- Make sure that the mosquito repellent contains the active ingredients DEET and Icaridin, which are also effective in the tropics.
- Depending on the destination, it may make sense to bring your own mosquito net from Germany.
- Protect yourself from mosquitoes with **light-colored and tightly fitting clothing.**

V. Sun protection:

- Be sure to protect your skin, even if you are in the sun for a short time.
- **Avoid direct sun.** Ultraviolet rays can change skin cells so that a skin tumor can develop years later.
- **Get your skin used to the sun** and spend the first few days in the shade. The slower the skin gets used to the sun, the more intense the tan will last.
- Especially **avoid the midday sun.**
- Use sunscreen and skin care products. Follow the rule of thumb: sun protection factor x maximum sun time without protection = maximum allowed sun time with protection.
- Use sunscreen 30 minutes before sun exposure and renew regularly.

VI. Drinking:

- Use only **safe water**, even for brushing teeth or washing dishes. **Filtered, disinfected or boiled water** is especially suitable for this purpose.
- Be careful about consuming ice cubes.
- Do not drink open or non-industrial beverages.
- **Milk should never be consumed fresh or uncooked.**
- Safe beverages include freshly boiled teas, coffee, and beverages from industrial-closed containers.

VII. Food:

- Use only **safe foods.** Always **cook, peel, or sanitize before eating.**
- Keep flies or insects away from your food.

- **You should be especially careful with raw meat, fish and dairy products.** There can be many germs, viruses or bacteria in them.

VIII. Sexual Contacts:

- **Avoid sexual contacts** to prevent STDs after returning home.
- Use **condoms for contraception**; these should be taken with you from Germany.

IX. Kriminalität:

- **Take special care of your valuables**, such as electronic devices and papers, and always carry them with you. Fanny packs, for example, are suitable for this purpose.
- **Carry as little cash as possible.**
- Do **not leave any personal items visible in the car.**
- Avoid open windows in traffic jams or at red lights.
- Do not leave your drink or food unattended, especially in the evening.
- Do not share data with people or senders who seem strange to you.

X. Diving:

- Never dive alone, but choose your dive partner:in with confidence.
- Watch each other and your partner.
- Make sure you have **enough breaks between dives.**
- **Do not consume nicotine or alcohol** before your dive.
- **Fly no earlier than 48 hours after your last dive**, otherwise the rapid pressure drop could lead to decompression sickness.
- Before your dive you should have a diving fitness examination. Contact us for more information, by mail to info@waz-fh.de or by phone 0471- 986 931

XI. Staying at high altitudes:

- **Never climb too fast.**
- **Drink an additional 1 liter of water** for every 1,000 meters of altitude.
- **Do not consume alcohol or nicotine** before the climb.
- If you experience any discomfort such as headaches or fatigue, be very careful. Break off the ascent and descend again immediately and have yourself examined by a doctor if the symptoms persist.

XII. Venomous animals on land and water:

- **Find out in advance what venomous animals may be present** in your destination area.
- Be careful where you reach and where you place your clothing and personal belongings. Many animals retreat to dark corners or shafts during the day.
- Always wear sturdy shoes, preferably with a high shank.
- If possible, store your sleeping utensils in elevated places rather than on the ground.
- Use a flashlight in the evening.
- Check your clothes before putting them on.
- **Avoid tall grass and undergrowth, preferring established trails or paths.**
- Swim only at guarded **swimming beaches**.
- **Fasse keine Tiere an** und distanzieren Sie sich von ihnen.
- **Should a bite or sting occur: Keep calm and remove this as soon as possible.** If necessary, take a photo of the animal and show it to a doctor. Get medical treatment as soon as possible! For animal bites, the faster the better.

*Wir sind
für Sie da!*

Ihr WAZ-Team

You have individual questions?

Then contact us:

 info@waz-fh.de

 0471 986 931 00

We are happy to help you!

The WAZ team wishes you a good and healthy trip!