

Healthy holiday tips



See your doctor

Get a health check preferably 6 to 12 weeks before going overseas. Be up to date with routine vaccinations and ask about other immunisations.



Check for travel requirements

Some countries, airlines and vessel operators may have COVID-19 travel requirements in place.



Keep a mask handy

Wearing a face mask can help protect you, and those around you, from viruses while you're travelling.



Practise good hygiene

Undertake appropriate hand and respiratory hygiene, and physically distance from others where possible.



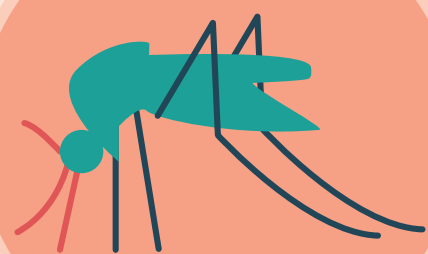
Get travel insurance

Medicare usually won't cover you if you're hurt or unwell overseas. Look out for your policy's COVID cover.



Research the water quality at your destination

Drinking contaminated water could lead to gastro or hepatitis A.



Protect yourself from mozzies

Parts of the world including South America, Africa and Asia are home to mosquito-borne diseases like yellow fever and malaria.



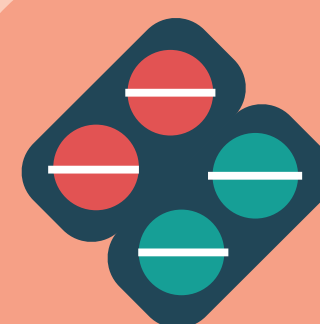
Be aware of rabies

Warm-blooded animals such as monkeys, dogs and bats can transfer rabies through bites and scratches.



Pack personal essentials

Remember things like tampons, nappies and contraceptives.



Check if your medication is legal at your destination

Some medications might need a customs clearance.



Visit smartraveller.gov.au for travel advice at your destination.

Call 1300 555 135 (domestic) or +61 2 6261 3305 (international) for 24-hour consular assistance.