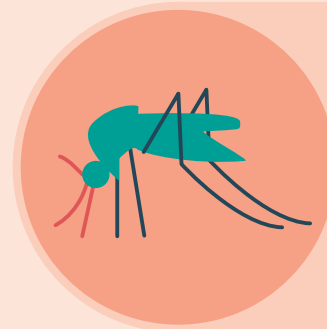


Healthy holiday tips



See your doctor

Preferably 6 to 12 weeks before going overseas



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



Research the water quality at your destination

Drinking contaminated water could lead to gastro or hepatitis A



Be aware of rabies

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



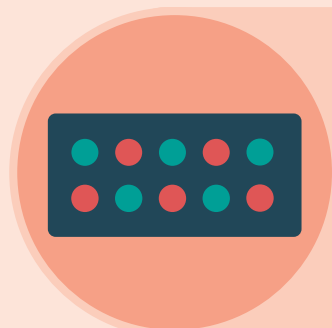
Pack personal essentials

Remember things like tampons, nappies and contraceptives



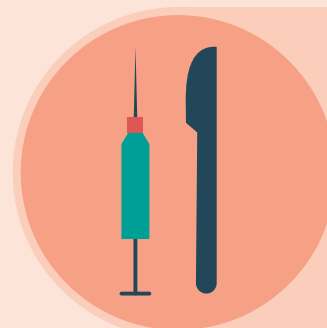
Get travel insurance

Medicare usually won't cover you if you're hurt or unwell overseas



Check if your medication is legal at your destination

Some medications might need a customs clearance



Rethink medical tourism

Cosmetic surgery and dental procedures overseas may be risky or unreliable



Visit [smartraveller.gov.au](https://www.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