



TRAVEL SAFETY 101: SWAT THOSE MOZZIES AWAY!



Why do you need this information?

You will be travelling to a location with an increased risk of mosquito-borne illnesses, like dengue or malaria. Mosquitoes can transmit serious diseases to humans through mosquito bites. We will specifically focus on dengue infections in this guide, however the prevention advice is effective for other types of diseases. We want you to have a safe and successful time on your Monash travels, so we encourage you to follow this simple guide.



01

How to prevent?

Try to avoid being bitten by mosquitoes, which bite during the day and night in both urban and rural areas:

- Use insect repellent containing DEET
- Wear loose fitting clothing that covers arms and legs
- Use accommodation with sealed windows (and A/C) or mosquito nets

Visit a travel doctor at least 6 weeks before travel to discuss your health needs, including your risks of contracting a mosquito-borne illness and vaccinations or prevention medications.



02

Signs of Dengue infection

For those who do get symptoms of dengue, they usually occur 4-10 days after infection and last 2-7 days. The most common symptoms are:

- Headache
- High fever
- Rash
- Sore muscles and joints
- Nausea, Vomiting

If you suspect you have dengue, please do the following:

- take paracetamol;
- drink fluids;
- seek medical attention if your symptoms are severe;
- take extra care to avoid being bitten by mosquitos, as that is how dengue spreads to others.



03

Who to contact if you suspect you have an infection

- Notify your trip leader or supervisor
- Contact the local hospital if your symptoms are severe;
- Contact Global24 (+61 2) 9312 5191 or assistance@global24.com.au for advice about hospitals or to escalate to Monash