



Travel Health

Individual Health Brief from your Local Pharmacy



It's great to get away. Sun, sea and sangria! (though not too much!) It is really important to stay healthy while you are away. However sometimes there are limited medical facilities available.

Do you like the active lifestyle?

Or is it more lazing on the beach?

Maybe you are considering a gap year and want to plan ahead. Or maybe your company has suddenly decided to send you on an urgent visit away.

A full travel health brief will alert you to any risks and help you plan ahead, whatever your needs are. This will include information about any anti-malarial medication and vaccination needed.

Call in today with your journey plan
Complete the handy checklist overleaf.

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NUMARK+

Your local community pharmacy

TRAVEL MEDICATION

MEDICATION	CHECK LIST
First Aid Kit plasters, non adherent dressings, bandages, antiseptic spray (dry spray for hot climates), scissors, tweezers, thermometer, tape, crepe bandage	
Needle and Syringe Kit	
Emergency dental kit	
Insecticide vaporiser	
Insect Repellent (DEET)	
Iodine	
Hand sanitizer	
Sun block	
Condoms	
Painkillers	
Insect bite cream	
Travel sickness	
Antihistamines	
Anti-diarrhoea medication	
Oral rehydration sachets	
Laxatives	
Anti-fungals	
Antispasmodics	
Acid reflux	
Anti-nausea tablets	
Blister treatment	
After-sun	