

PULL OUT  
AND KEEP GUIDE

# Top tips for a great holiday

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Make sure your customers get the right advice with our pull-out and keep guide

## City breaks

- Popular destinations such as the US and Europe generally require no vaccinations.
- Everyone travelling to North America should get good travel insurance as health bills can be extremely expensive; some providers even have a separate rate for those travelling to the US.
- All travellers should obtain a European Health Insurance Card (EHIC) if they are visiting a country in the European Union, Iceland, Lichtenstein, Norway or Switzerland. The card entitles travellers to healthcare at a reduced cost or free of charge. It is valid for five years and covers basic healthcare. Customers can apply for one free of charge at [ehic.org.uk](http://ehic.org.uk)

## Beach holidays

- Sun-seekers should be advised to make sure they're using a good suncream (at least SPF 15), avoid the sun when it is at its highest, wear protective clothing and sunglasses, and reapply suncream liberally and regularly.
- Beaches are popular party destinations, and sexual health is an important concern; if a young person is stocking up on suncream before heading off to a destination such as Ibiza, consider taking time to offer a private consultation on sexual health awareness.\*

\*Remember, when approaching customers about a subject such as sexual health awareness, do it sensitively and in confidence.

## Exotic travel and backpacking

- Travel to exotic climes requires advance preparation - patients should be advised to see their GP or travel clinic two months before travel to make sure they have the right vaccinations. They can check what they will need at [nathnac.org](http://nathnac.org).
- Customers travelling to sub-Saharan Africa, South America and much of south east Asia will need advice on malaria and yellow fever; in many African countries yellow fever vaccinations are mandatory before travel, and a certificate of immunisation is required.
- Many countries have poor sanitation; all travellers should take extra precautions to purify water, make sure they have travel insurance, avoid insect bites and keep safe in the sun.
- Remember to offer basic first aid kits to backpackers, as well as insect repellents and mosquito nets.

## Australian sun protection in the UK

SunSense, the leading sun protection brand in Australia, is now available in the UK. All products in the SunSense range are SPF 50 or higher, protecting against UV rays - which can cause sunburn, skin cancer and premature ageing.

All SunSense products, which include unique formulations for sensitive skin and infants and children, are free from PABA and lanolin.

**Crawford Healthcare, 01565 654920**  
[crawfordhealthcare.com](http://crawfordhealthcare.com)



SUNSENSE SUPPORTS  
**SUN AWARENESS WEEK**  
30TH APRIL - 6TH MAY 2012

## Adventure holidays

- Adventure breaks are fun, but have a higher than normal chance of causing injury. Remember to ask your customer whether they are sure their travel insurance covers whatever activities they are planning to take part in.
- First aid is a must for adventure travel - make sure your customers have bandages and pain relief, and take adequate sun protection - the last thing they want is to be unable to enjoy their activity thanks to sunburn.
- Climbers, skiers and hikers should consider good footcare; this could be an opportunity to highlight products your pharmacy offers such as plasters for blisters or in-soles.
- Scuba divers should bear in mind that they ought to wait 24 hours after a dive before flying, and may need earcare products to help treat swimmer's ear.

**STAY SAFE IN THE SUN - USE SUN PROTECTION**  
**FOR THE LATEST COUNTRY-SPECIFIC INFORMATION, VISIT NATHNAC.ORG**