

Accident Prevention.

Road and swimming accidents are the most common cause of death or injury in traveller, especially young adults. The most important points to remember are:-

- **Do not drink alcohol then drive, swim or take part in sporting activities.**
- **Make sure you wear seat belts in cars and crash helmets on motor bikes.**
- **Do not dive into swimming pools or unknown waters until you are sure the water is deep enough and there are no obstacles in your way.**
- **Find out which are the safe local beaches.**
- **Never leave children unsupervised by swimming pools.**
- **When trying out new sporting activities, ensure that any training is being offered by appropriately qualified staff.**

Road Safety.

- **Check that rented vehicles are in good condition and have adequate insurance cover.**
- **Find out about local traffic systems, regulations and road conditions.**
- **Wear seat belts and crash helmets as appropriate. If riding motor bikes or mopeds ensure that you wear protective clothing on your arms and legs.**
- **Do not drink and drive.**
- **Find out the normal procedure if you are unfortunate enough to be involved in an accident.**
- **Any local customs and cultural rules must be observed eg avoidance of sacred cows in Hindu areas; woman are not allowed to drive in certain Muslim countries.**

Swimming Safety and Leisure Activities.

- **Do not drink alcohol and swim – this is a common cause of drowning.**
- **Do not dive into shallow or unknown waters until you are sure there is adequate depth and no obstacles in your way such as design features in a pool.**
- **Find out about local safe beaches, sea conditions and prevailing winds.**
- **Do not take inflatable airbeds and toys into the sea.**
- **Children must be closely supervised by water.**
- **Wait at least an hour after eating before swimming.**
- **Never swim alone, especially at night.**
- **Ensure that water sports are properly supervised and the staff adequately trained with approved qualifications.**
- **Ensure that activities are suitable to your level of fitness.**

General Information.

- **Ensure that your medical insurance cover is adequate to return you home via air ambulance for medical treatment.**
- **Find out the telephone number of the local emergency services.**
- **Ask your travel agent about safety standards at your resort or hotel, particularly those concerning fire precautions, swimming pools and gas installations. Check these again yourself upon arrival.**

Infection.

- **Visibly dirty recreational water is likely to be infected and should be avoided.**
- **All rivers, lakes and fresh water in the tropics and sub-tropics should be assumed to be infected with schistosomiasis. In Africa, Lakes Kariba, Malawi, Tanganyika and Victoria and the River Nile are all infected**