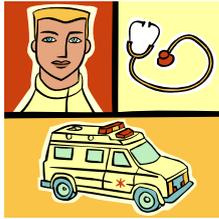


## Accidents and Crime



Accidents abroad are more common than we would like to imagine and are one of the main causes of emergency repatriation and death abroad. The following tips are not exhaustive but could prove useful to travellers planning a trip.

### Before you go:

- Find out about the places you intend to visit through your tour operator or a reliable travel guidebook.
- The Foreign and Commonwealth Office (FCO) website [www.fco.gov.uk](http://www.fco.gov.uk) is a valuable source of information on security and safety issues around the world. Before you travel check the travel advice pages for the country/countries you plan to visit.
- Make sure that your passport is valid and that you have the correct visas for the country you plan to visit. Make a note of your passport number and take a photocopy of it in case it is lost or stolen. Ensure that the emergency contact details in your passport have been filled in.
- Take enough money with you to cover emergencies.
- Always tell someone of your travel plans/itinerary e.g. friends or family, and arrange a method of communication (e.g. mobile phone or e-mail).

**Remember** to take out comprehensive travel insurance appropriate for your destination and the activities you intend to participate in. Tell the insurance company of any pre-existing conditions, as treatment of these conditions may be excluded.

### Care on the roads:

- Check that your driving license is current and valid.
- Be aware of local traffic regulations and observe speed limits and traffic signs. Travel advice on the Foreign and Commonwealth Office (FCO) website [www.fco.gov.uk](http://www.fco.gov.uk) provides information on traffic regulations and other safety considerations.
- Try to avoid hiring motorcycles or mopeds. Always wear a helmet when riding a motorcycle, bicycle or horse. Check the tyres, brakes, lights and seat belts of any hire vehicle.
- Take extra care when driving abroad. Be particularly vigilant in countries where the traffic drives on the opposite side of the road to that you are accustomed to.
- Make sure that your insurance covers you for driving or being a passenger on a motorcycle abroad.
- Never drink and drive. Alcohol clouds judgement and increases the risk of accidents. Penalties for being "over the limit" may include on-the-spot fines, imprisonment and immediate confiscation of your driving licence.

- Always wear a seat belt in a car and make sure children are in an appropriate child restraint.
- Avoid driving, or being driven, at night on poor roads
- Be aware that safety standards for local transport in remote areas may not be up to acceptable levels.
- Avoid overcrowded and poorly maintained ferries, trains or buses.
- Don't hitchhike or accept lifts from strangers or recent acquaintances.

### Care in the water:

- Avoid swimming alone.
- Check the depth of water before diving – remember there may be hidden rocks beneath the surface of open waters – if you are unsure do not dive.
- Supervise children at all times when near water.
- Check hotel swimming pools before allowing your children to use them.
- Don't swim after drinking alcohol or immediately after a big meal.
- Ask about local sea currents, and choose safe swimming areas.
- Swim in approved areas which are supervised by lifeguards.
- Avoid fresh water lakes and rivers in the tropics which may be infected with schistosomiasis.

### Personal safety:

- When travelling (particularly if alone) leave an itinerary of your trip with family or a responsible person, contacting them at pre-arranged times and dates
- Dress and behave sensitively in accordance with local cultural requirements.
- Avoid displaying expensive watches and jewellery and use the hotel safe/safety deposit box for money and passports.
- Remember that alcohol clouds judgement.
- Avoid risky situations such as travelling or walking alone at night or drinking by yourself in bars.
- Know the fire escape routes in your accommodation and in discos and clubs you visit.
- Be aware that when you stop on the street to take a picture or purchase a postcard, that you may become a potential target for pickpockets or robbery.
- Don't strike up a conversation with a stranger who approaches you on the street. Be wary of telling strangers where you are staying.
- Don't attempt to resist a mugger.
- Use of illegal drugs is dangerous, do not use them.

**The Foreign and Commonwealth Office (FCO): Know before you go campaign** – provides up to date information and advice for all UK travellers to help you stay safe and healthy abroad. Make sure you visit the FCO website before you travel - <http://www.fco.gov.uk>

**This leaflet has been prepared by Sanofi Pasteur MSD to give you general information on issues relating to healthy travel. It is not meant as an alternative to individual advice and should be used in conjunction with advice provided for you by a health care professional.**

May 2012