

TRAVELLING, MEDICATION & DRUGS

MEDICATION



If you take prescribed medication, check that you are allowed to take it to the country you are travelling to. Many countries, including those you are just travelling through, have different regulations about the types of medication they allow.

If you need to take prescription medication with you, check with your GP if you require a letter to confirm your medication.

Make sure you have enough medication to last you during your visit.

LUGGAGE



Always pack your own bags so you know what is in them.

Keep your luggage with you at all times.

Check padlocks are working.

If someone asks you to carry anything for them, **DON'T DO IT** — it may contain illegal items such as drugs.

If drugs are found in your possession, you will find yourself in serious trouble.

NEVER CARRY ANYONE ELSE'S CASE.

Many incidents of drink spiking go unreported. If your drink has been spiked you are unlikely to taste or smell it. You could suffer **feeling drunk or woozy, confusion, nausea and vomiting, loss of inhibitions, loss of consciousness**

**DON'T ACCEPT DRINKS FROM STRANGERS AND
NEVER LEAVE YOUR DRINK UNATTENDED**

- HELP & ADVICE -



www.abta.com

**SPEAK TO YOUR
TRAVEL/HOTEL
REP!**



www.gov.uk

HOLIDAY SAFETY STAY SAFE THIS SUMMER!



WHILST
TRAVELLING

IN THE
SUN

THE
BEACH

ON A
NIGHT OUT

THINK! AM I SAFE?

Protect Yourself From The Sun by ...

Finding Shade

Staying Hydrated

Regularly Applying Sun Cream

**ALCOHOL AND SUN DO NOT MIX
AVOID DEHYDRATION AND HEAT STROKE BY
DRINKING PLENTY OF WATER**

STAYING SAFE

KNOW YOUR LIMITS

Alcohol strengths and measures can vary in different countries —

YOU MAY BE DRINKING MORE THAN YOU THINK!

GIVE YOUR BODY A BREAK — It can only process a small amount of alcohol per hour, too much can cause

SLURRED SPEECH

CONFUSION

AGGRESSION

PASSING OUT

FALLING AND STUMBLING

SLOW BREATHING

NAUSEA AND VOMITING

KEEP IN TOUCH



Whether you are travelling alone or with a group, make sure someone knows where you are.

GET TO KNOW THE AREA



Find out about unsafe areas and avoid them.

Be aware that some behaviour, including kissing or being drunk in public may be against local customs and laws with risk of arrest.

WHERE'S YOUR PASSPORT?



Don't lose this important document. Keep it safe with your tickets, and **take a copy** in case it is lost or stolen. If a safe is available, use it to keep your passport and other valuables safe.

TRAVEL INSURANCE



Always ensure you have **adequate travel insurance** to cover the activities you want to do. Be aware some insurance policies don't cover injuries that are caused due to being under the influence of drugs or alcohol.

WATER SAFETY

For many there is nothing better than to paddle or swim in the sea or swimming pool, but water can hold many dangers so we need to know a few essential things to **keep safe**.

KNOW THE WARNING



DANGER
No Swimming



Surfing area
No swimming



Lifeguard swimming
patrol area

WARNING SIGNS ON BEACHES ARE UNIVERSAL, SO GET TO KNOW THEM!

ARE LIFEGUARDS PRESENT?

Lifeguards know the tides and look out for danger — Use beaches and pools with lifeguards present.

RIVERS, LAKES AND PONDS

Even on hot days, lakes, ponds and rivers are cold and are very dangerous. **Hypothermia** can occur quickly in very cold water.

THE BEACH AT NIGHT

Spending time on the beach at night can be exciting but be aware of the dangers.

Don't go to the beach alone,
Never swim at night,
Keep your eye on the tide,
Look after your belongings.

ALCOHOL AND WATER

Alcohol lowers inhibitions, this could make you do things you wouldn't normally do.

Alcohol affects co-ordination and breathing so swimming or taking part in water activities can be dangerous.