



Travel Clinics Australia Charter

Our goal is to protect the health of travellers, by providing exemplary clinical care along with specific advice and information for each traveller.

All TCA members are experienced travel health doctors.

More locations for greater convenience.

Better service at competitive prices.

Services include:

- Personalised service by qualified doctors
- Expert up-to-date advice with consultation
- Online database of travel health information
- All vaccinations on site
- Corporate health services
- Malaria tablets and travel medications
- International certificates of vaccination
- WHO accredited for yellow fever and all travel and all travel vaccinations
- Traveller's first aid kits and accessories
- Mosquito bite prevention items insect nets, permethrin kit
- The Traveller's Pocket Medical Guide

Olympic Games 2016



The city of Rio de Janeiro has a rich and colourful history. Are you planning an excuse to visit beautiful Brazil for the summer Olympics or Paralympics 2016?

It is sure to be buzzing with excitement.

Don't forget Yellow Fever vaccination. Certification is compulsory for returning to Australia from travel to Brazil. You can't leave it until the last minute as the vaccine must be given at least 10 days prior to travel for the certificate to be valid. It remains valid for 10 years.

Yellow fever is a serious viral haemorrhagic fever spread by mosquitoes. Only accredited Medical clinics can give Yellow Fever. Travel clinics Australia are all accredited and stock the vaccine on site. There are some contraindications to receiving the vaccine. Your

Travel doctor will be able to advise you of these and issue a certificate of waiver if needed.

So there's no excuse to ruin your Brazil Olympics plans by missing this important vaccination.

Of course there are other travel health issues that will be discussed at your consultation.





Jet Lag

This is a term used to describe the feelings encountered when our normal body rhythms get out of synchrony with the environment. This disruption is associated with rapidly travelling long distances and is worse when travelling east.

Symptoms may include

- fatigue
- impaired vision
- headache
- sleep disturbance
- hunger at inappropriate times
- gastrointestinal upsets
- urinary disturbance
- poor mental or physical performance.

To minimise jet lag

- If possible, break flight into sections not exceeding four hours time zone change. Try to stop over en route and fully adapt before continuing travel
- Travel westward if possible, travel during the day and aim to arrive late afternoon or early evening
- Pre adapt by adjusting bedtime and waking time by one hour each day until destination time is reached, one hour later for westward travel and one hour earlier for eastward travel. Partial adaptation of even one hour per day



pre flight can reduce the amount needed post flight

- Stay on destination time for entire journey. On arrival immediately adopt local time for eating and sleeping
- Arrive several days ahead of the day you need to be reasonably competent
- Exercise, exposure to bright light and a high protein diet may minimise symptoms, caffeine has a mild stimulant effect
- The use of short acting sleeping tablets can be of assistance either during flight or on arrival to help acclimatise your body clock. As they only last 4-6 hours in the

blood most people will wake refreshed. Sleeping tablets are quite safe if used for a short term, 1-2 days, do not mix with alcohol, and always discuss medications with your doctor

- While on the plane wear loose clothing and footwear, avoid dehydration by drinking water and fruit juice and avoiding alcohol and caffeine
- Eat small regular meals and avoid rich, high carbohydrate and high fat foods
- Walk around 1-2 hourly if possible, face-moisture towels, brushing teeth and changing clothes help you 'freshen up'.