

## **Staying healthy on your summer holiday**

Dear parents/carers,

Are you going on holiday this summer?

If you are going on holiday or to visit family or friends in another country, you need to keep your family safe and healthy.

Check the travel health advice at [TravelHealthPro](https://www.travelhealthpro.org.uk) for the country you are visiting to find out if you and your family need any vaccinations or medicines before you go.

### **Why is this important?**

Currently there are rising measles cases in England and abroad. There is a risk of more measles cases, especially over the summer months, as families with unvaccinated children and adults travel to countries where measles outbreaks are occurring.

Children are also particularly at risk of catching infections, which can spread through contaminated food and water.

If your child gets sick, they might:

- Feel very unwell on holiday
- Miss school when they come back
- Make other people in your family sick
- Make other children at school sick

### **Get vaccinations before you go**

Your doctor may recommend some vaccinations before going away, for example:

- Measles, Mumps and Rubella (MMR)
- Hepatitis A
- Typhoid

These vaccinations are free on the NHS.

The MMR vaccine is a routine childhood vaccination. Please do check with your GP if you are not sure if your child is up to date.

Book your appointment early so vaccines have time to work – ideally 4-6 weeks before travel but if you are later than this still check with your GP/travel clinic. Some vaccines only last for a few years so always check with your GP.

### **What are these illnesses?**

#### **Measles**

This spreads very easily from person to person. It can be very dangerous for young children.

Your child might:

- Have a runny nose
- Sneeze and cough
- Have red, sore eyes
- Feel very hot
- Have red-brown spots on their skin

Visit [Measles - NHS \(www.nhs.uk\)](https://www.nhs.uk)

### **Hepatitis A**

This affects your liver. You can catch it from dirty water or food, or from someone who has it.

Your child might:

- Feel very hot and tired
- Feel sick
- Have yellow eyes or skin
- Have dark wee
- Have a sore tummy

Visit [Hepatitis A - NHS](https://www.nhs.uk)

### **Typhoid**

This affects your whole body and can be very dangerous.

Your child might:

- Feel very hot
- Have a headache
- Have sore muscles
- Have loose poo or find it hard to poo

Visit [Typhoid fever - NHS](https://www.nhs.uk)

### **How to stay safe on holiday**

#### **Wash your hands**

- Wash your hands after using the toilet
- Wash your hands before eating or preparing food
- Use soap and wash for 20 seconds

- Use hand gel if you cannot find soap

**Safe food and water**

- Only drink bottled or boiled water
- Do not eat food that is not cooked properly

**If your child feels unwell after your holiday**

Call your doctor or call NHS 111.

**For more travel advice**

- Travel Health Pro: <https://travelhealthpro.org.uk>
- NHS Travel Health Advice: [www.nhs.uk/travel](http://www.nhs.uk/travel)
- Local Travel Vaccination Clinics: [List local options]
- [UKHSA blog: The essential travel checklist to keep you and your family healthy on holiday](#)

Best wishes