

Visiting friends or family abroad?

Don't ruin the reunion by getting sick

Your body's resistance changes when you move or leave your country of origin.

This means travellers visiting friends and relatives in the Pacific Islands should be extra careful when heading back. When you return home to the islands for a holiday, you may be more at risk of certain illnesses than you were in the past.

Prevention is best when it comes to infectious diseases



Mosquitoes that commonly spread dengue fever bite in the day. Make sure you use insect repellent containing DEET*.



Water should be bottled or boiled even for brushing teeth.



Wash fruit in safe water and remember peeled fruit is best.



Freshly cooked hot food is best. Be aware of raw seafood as this can be unsafe to eat.



Get vaccinated. Find out from your doctor what you might need before your trip.

For more information, search www.safetravel.govt.nz/health-and-travel

*Insect repellent should contain DEET- diethyltoluamide recommended concentration of 30%