

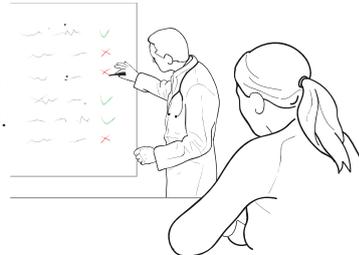
If you are planning to travel to the tropics, it is worth observing a series of recommendations.

## Before travelling

Before visiting a country in the tropics, you should visit your HIV doctor who can refer you to a Tropical Medicine Unit.



Once there, you should tell the doctor what you plan to do so that he or she can help you evaluate any possible risks. A series of preventive measures to be followed in the country of destination to prevent you falling ill will then be recommended.



Depending on the country you are going to visit, you may also need to vaccinate against some diseases.



## During your stay

While you are staying in the tropics, you should observe a series of preventive measures:

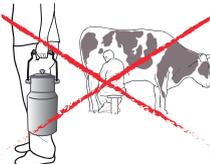
Avoid bathing in untreated lakes or still water.



Avoid contact with wild animals or pets.



Avoid consuming unsterilised dairy products.



Avoid consuming untreated water.



Eat food that is well cooked.



Avoid exposure to insects.



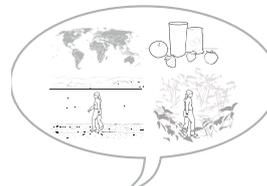
Use condoms in sexual intercourse.



## Upon your return

When you return from the tropics, your doctor should give you a check-up to make sure you have not caught any tropical diseases:

Tell your doctor in detail what you have been doing so that he or she can identify any risks.



Physical examination.



If you display any symptoms, it is extremely important for you to notify your doctor so that he or she can do a more specific examination.

Blood test.

