



The UK has more typhoid and paratyphoid cases. These serious illnesses come from dirty food or water and often affect travellers.



Malaria cases are high in the UK. Take pills to stop it when you travel. Most cases are from people visiting Africa.



Check the Travel Health Pro website for travel health tips. It covers vaccines, malaria pills, and avoiding bugs. Plan early and see a doctor.



Wash hands often. Get all your vaccines. Take needed medicines. Get travel insurance before you go. Stay safe!