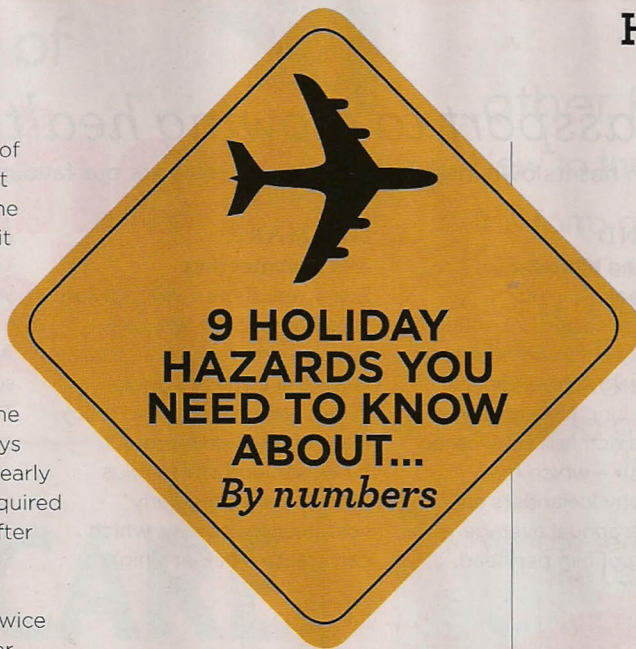


1,495 The number of Brits who got malaria last year. Gambia is the number one risk area, but visit www.fitfortravel.nhs.co.uk to check on your destination. 'Many GPs and pharmacists can now write prescriptions for malaria drugs,' says Professor Larry Goodyer. Some pills can be taken just two days before leaving, others need nearly three weeks. You'll also be required to take them up to 28 days after your return.

60 MINUTES You're twice as likely to have a car accident overseas than at home – and most of those drivers have theirs within the first hour of reaching their destination, according to research from Manchester Metropolitan University. 'Concentrate on the road, *not* the scenery,' says Peter Roger from the Institute Of Advanced Motorists. 'And remember, keep to the right.'

400+ The number of medicines on the restricted list for the United Arab Emirates (which includes Dubai). Some, including remedies containing codeine (such as over-the-counter painkillers or cold remedies) are completely banned. Others, including some anti-depressants, IBS drugs, migraine pills and HRT, can only be prescribed by a doctor. People have been arrested carrying these banned drugs – you can expect your passport to be confiscated at the least. To save trouble, check the list at www.fairtrials.net. Japan also has strong drug import laws.

30 METRES The distance from which a mosquito registers your presence. Not good news in those countries that have Dengue fever, malaria or Ross River virus. 'As bacteria on our skin feed, they excrete kairomones, which attract mosquitoes,' says Howard



Carter from repellent company Incognito (www.lessmosquito.com). 'Reduce your smell by exfoliating, which removes skin cells.'

42,000 That's how many mentions of bed bugs there were on the Trip Advisor website at the time of writing this piece. The little nasties are rife in the US and have now hit Europe. 'Quite often the bites can take a week or so to emerge,' says Professor Richard Wall. They'll be red, itchy and usually appear in lines of three to four bites. Soothe with hydrocortisone creams.

40°C That's how high the body temperature can rise during heatstroke. Direct sunlight is riskiest of all, but you can also suffer in the shade and even inside if the temperature is high enough. If you find yourself suffering fatigue, headache or nausea, go inside and keep hydrated with Diorylate. If symptoms worsen, see a doctor as heatstroke can be potentially fatal.

165 The average number of people bitten a day by dogs during a recent rabies

outbreak in Bali. 'The problem was so severe that the surrounding countries sent all their rabies vaccines there, so if someone gets bitten in, say, Thailand, they're having to be airlifted elsewhere for treatment,' says Dr Nicholson. If you're going to Bali, a rabies vaccine is strongly recommended. Elsewhere, be very careful around stray animals and if you do get bitten, see a doctor immediately.

5,000 The amount of people affected by measles in the Rhône-Alpes region in France since 2008 – Geneva, Seville and Istanbul have also reported recent outbreaks. 'With vaccination, it comes down to herd protection,' explains Jason Gibbs, head pharmacist at Nomad Travel. 'So long as a certain percentage of the population is vaccinated, the whole "herd" is protected. But since the MMR scare, some areas have tipped below herd immunity and measles outbreaks are occurring.' If your kids haven't been vaccinated, avoid affected areas, though if you've already booked your holiday, your insurer probably won't cover you for cancelling. Measles causes deafness and blindness, and can even be fatal.

Be aware of the health hazards and have a stress free holiday



4 HOURS That's the length of flight time at which your risk of DVT (deep vein thrombosis) increases. Aspirin is no longer recommended for prevention, due to a small risk of stomach bleeds – nor is simply wiggling your feet around in your seat. 'This doesn't contract muscles enough to alter blood flow in the calf,' says Dr John Scurr. Walk up and down the aisle, or if you're in a window seat, use an Airogym. This £14.49 gizmo from www.airogym.com is a little blow-up cushion that you can exercise against. ➔

