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## Travel First-Aid Kit

The holidays are about to begin, but what do you have to check before travelling? What do you put into a first-aid kit for children?

### Check before travelling:

Have the vaccination documents of children and adults controlled by a doctor.

Some countries require **special vaccinations**, which have to be carried out well before (1-2 months before the trip).

We are happy to discuss your questions and carry out the necessary vaccinations for children as well as adults.

**Health insurance documents** for overseas travels are available from your health insurance company. For some countries an additional private health insurance is recommended.

### Purchase before travelling:

**Plasters and dressing material**, disinfecting ointments for injuries (such as PVB-Salbe or Nabacen-Salbe), because injuries do not heal easily in warm countries and tend to become infected.

**Electrolytical dissolutions** (such as Oralpädon or GES 6) against vomiting and diarrhoea. When travelling to tropical countries remember to eat only things you can peel or cook!

**Protection against sunburn.** The best protection from the sun is shade and long clothing (including headgear). Suntan lotion is recommended when direct sunlight cannot be avoided. Please use suntan lotions with a protection factor of 30 or higher, preferably non-chemical. Try the lotion out at home before travelling. Remember: Sunburn on children's skin may lead to skin cancer!

**Protection against midges** (depending on destination): mosquito net, long clothing for the evening, possibly repellents (such as Autan), insect bite gels (Fenistil-Gel or Soventol) against itches. Remember that avoidance is better than suffering! Take care: Chemical mosquito lotions (such as sprays, mosquito coils or electric repellents) can be harmful and are not tolerated by everybody.

**Fever remedies** (in warm areas preferably suspension or tablets rather than suppositories as these can melt).

**Important:** German health insurance companies do not usually pay for travel medication, medical travel advice or travel vaccinations.

We are happy to inform you of current requirements.