

Useful Resources

For further information download the
Advice to Travellers booklet from
<http://www.health.gov.mt/dsu>

Important Contacts



Ministry of Health, the Elderly and Community Care
Palazzo Castellania,
15, Merchants Street, Valletta, VLT 2000
Telephone: (+00356) 21224071
Website: www.sahha.gov.mt

EHIC Applications
Entitlement Unit,
23, St. John's Street, Valletta, VLT 1168.
Telephone: (+00356) 22992345 / 22992346 /
22992335 / 22992515
Fax: (+00356) 21230863
E- mail: entitlement.mhec@gov.mt
Website: www.sahha.gov.mt/entities/entitlementunit.html

Disease Surveillance Unit
37-39, Rue d'Argens, Msida, MSD 1368
Telephone: (+00356)21324086
Fax: (+00356) 21319243
E- mail: disease.surveillance@gov.mt
Website: <http://www.health.gov.mt/dsu>

National Immunisation Services
Floriana Health Centre
Triq Frangisk Saver Fenech, Floriana, FRN 1211
Telephone: (+00356) 21243314 Extension 222



Department of Public Health

Disease Surveillance Unit
37-39, Rue d'Argens, Msida, MSD 1368
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E- mail: disease.surveillance@gov.mt
Website: <http://www.health.gov.mt/dsu>

Primary Health Care Department

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Floriana, FRN 1940
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Fax: (+00356)21242884
Website: www.sahha.gov.mt/pages.aspx?page=53



Advice to Travellers



Department of Public Health
Primary Health Care Department

Checklist

- Make sure that you have all the documents you need, including passport, European Health Insurance Card (EHIC) (where applicable) and vaccination certificates.
- Check your insurance policy and what is covered by it.
- Keep a list of names, addresses and telephone numbers of relatives and friends with your passport so that they can be contacted if necessary.

Prescription Medicines

Give the doctor a list with the generic names of any medications you are taking.

If you are taking any prescription medicines, ask your general practitioner whether you will be able to buy them while you are abroad. If not, your general practitioner may be able to prescribe enough for your whole trip. It is advisable to ask for a letter from your general practitioner giving details about the medications and any allergies to medications you might suffer from.

The medicines should be carried in correctly labeled containers and make sure to carry (in your hand luggage) any medicines that you might need to take during the flight.

Medication to help prevent illness

Make sure you have enough supplies of any drugs which you take routinely. You can also obtain advice on whether you need anti-malarial drugs, and if so which drug is most appropriate for you and when you need to start taking it. Anti-malarial drugs usually need to be taken at least one week before you travel, so seek advice well in advance.

Pre-existing medical conditions

Make sure that if you suffer from a medical condition it is adequately controlled before leaving. Contact your general practitioner well in advance, leaving enough time for any necessary check-ups.

Ask your doctor to give you a written record of any conditions you suffer from, with a brief medical history and a list of medications you are taking. Carry the medical record with you.

Check whether your health insurance excludes coverage of any pre-existing medical conditions.

A medical certificate of fitness for air travel may need to be issued by your general practitioner for certain conditions.

Contact the airline early if you require any particular seating arrangement or facilities (example: oxygen cylinder) during the flight.

First Aid Kits

Take a basic medical/first aid kit with you.

Immunisations

If immunisations are required or advisable for your itinerary, contact the National Immunisation Section, immunization centres, the Disease Surveillance Unit or your general practitioner. Some vaccines need to be given a few weeks before you travel to give your body time to generate immunity to infection.

The most common vaccinations required are hepatitis A, hepatitis B, typhoid, yellow fever and cholera. In high-risk areas, other vaccinations like the rabies vaccination may be recommended. Most can be administered by your own GP or through the services offered through the National Immunisation Section.

Precautions

Check what precautions you need to take to avoid the following conditions associated with travel:

1. Deep vein thrombosis
2. Excessive exposure to sun
3. Travellers' diarrhoea
4. Injuries
5. Insect bites

Check which precautions you need to take to avoid the following infectious diseases:

1. Hepatitis A
2. Hepatitis B
3. HIV / AIDS
4. Malaria
5. Yellow fever
6. Rabies
7. Avian influenza
8. Food-borne / Water-borne illness

Check the precautions you need to take to remain healthy during the travel and any precautions you need to take upon returning to your country.

Health Insurance

It is important that you have good travel health insurance. If you are travelling within the European Economic Area, you may be eligible for an EHIC card. This entitles you to free or reduced-cost emergency treatment only, and therefore you must also be insured.

The EHIC Card: This e-service and all other EHIC-related services are provided by the Entitlement Unit

Further information

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