

*Travel health made simple*

## 2- Staying safe



# Security and Driving

Security and driving issues when traveling can both lead to health problems including injury and death.

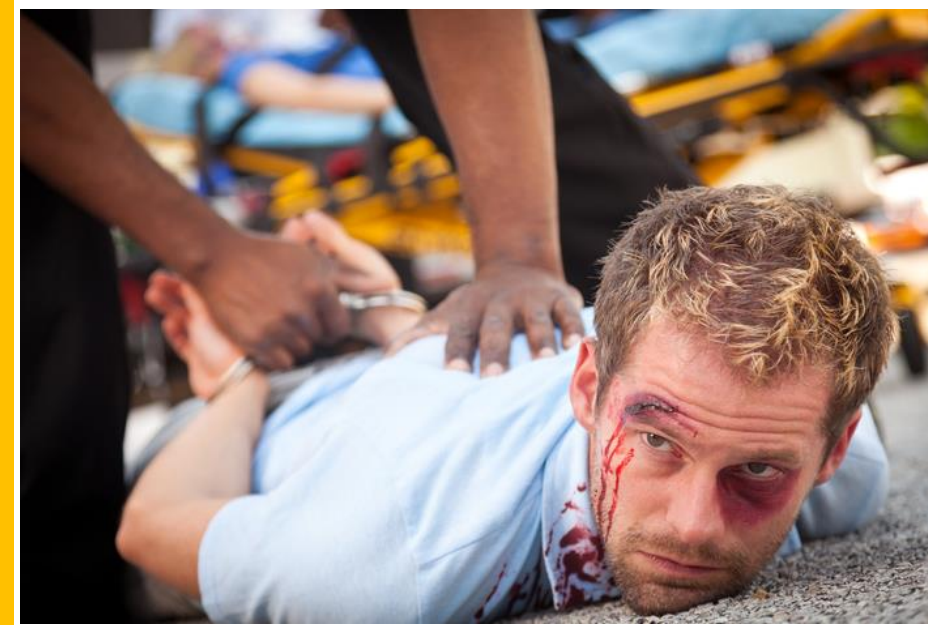


# Security

## When walking in the street:

- Avoid wearing expensive jewellery and watches
- Avoid wearing expensive looking clothing
- Avoid carrying large sums of money
- Be careful at ATM machines when obtaining cash
- Texting or wearing headphones while walking or crossing the street

Always be aware of your surroundings and the people around you.



# Safety and fun

Avoid dangerous and/or extreme sports which can lead to accidents requiring hospitalization in sub-standard medical facilities:

- Motorcycling
- Parachuting
- Deep sea diving
- Mountain climbing
- Speleology
- Bungee jumping, etc.



# Driving

Driving is a dangerous activity anywhere in the world.

Before driving ensure that you:

- Are medically fit to drive
- Have good vision, hearing and coordination
- Have a valid driver's license for the country
- Have not taken medication or alcohol
- Understand local driving regulations and rules



# Driving

Driving is even more dangerous in a foreign country.

- Road quality may be poor
- Drivers may not be well trained or disciplined
- Cars may be in poor mechanical condition
- Traffic lights may be broken and traffic signs may not always be respected

Before driving, particularly for long trips, always ask yourself whether there is a safer alternative used (e.g. train, plane).



# Driving

## While driving:

- Always wear a seat belt
- Keep windows and doors locked
- Carry a mobile phone or two-way radio
- Do not use your mobile phone or two-way radio
- Do not use a hands-free device
- Do not do text messaging

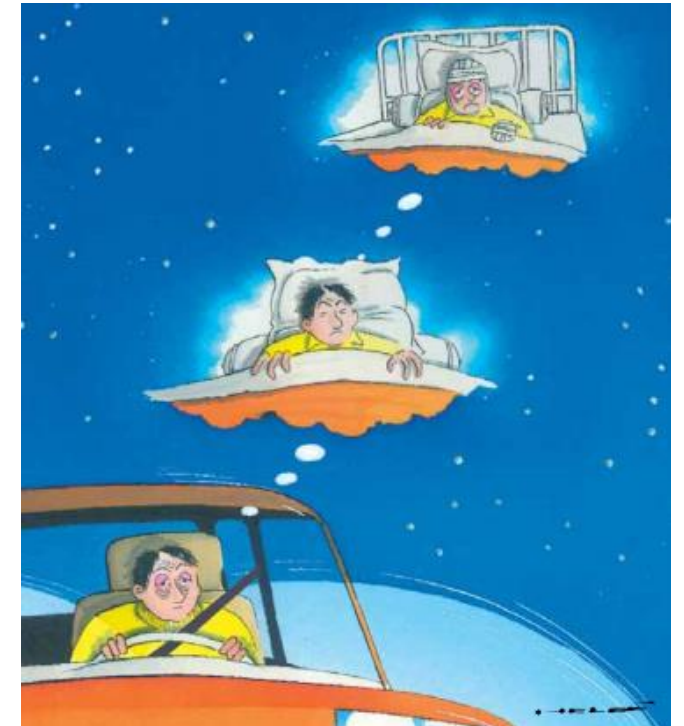
**Stop the car and park in a safe area before answering a call.**



# Driving

## In addition:

- Maintain a defensive driving attitude
- Avoid night driving
- Stop and rest every 2 hours or more frequently in case of fatigue
- Always have the emergency numbers available (police, hospital, contact person for your company, assistance company)





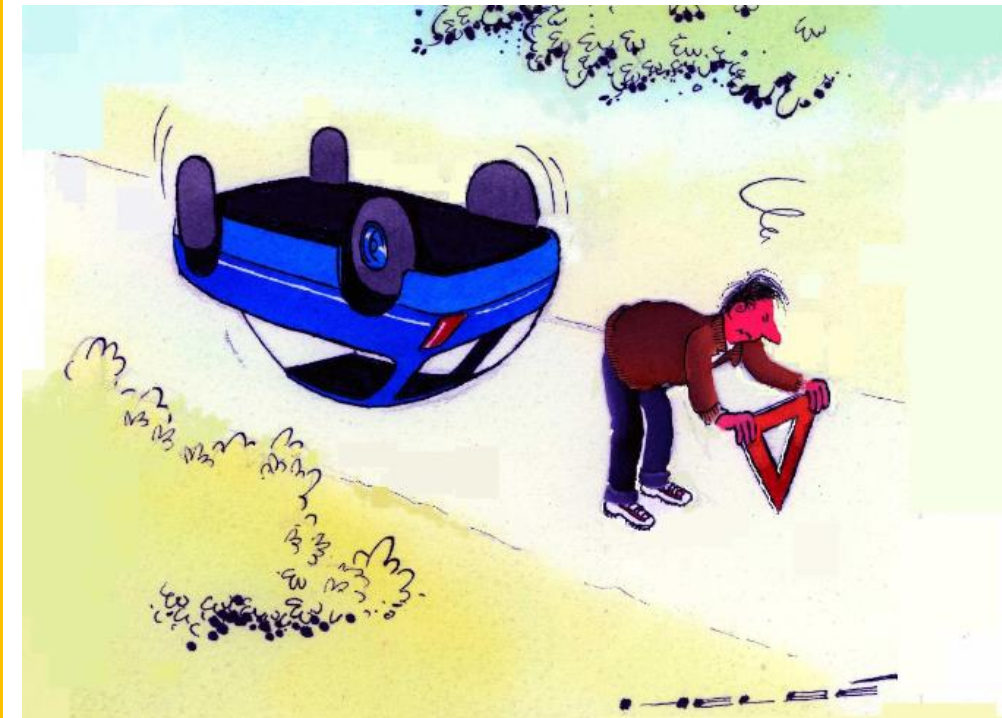
# Driving

If taking a local taxi always ensure that:

- The taxi has seatbelts that function and wear them
- The taxi does not take other passengers
- The driver clearly understands where you want to go
- You ride in the back seat

## Avoid

- Crowded local buses
- Motorcycles and motorcycle taxis
- Traveling at night



# Conclusion

Before departure, consider purchasing insurance with specific overseas coverage including medical assistance and international evacuations.

A few simple security and driving recommendations can go a long way to preventing theft, injury, accidents and death.



ACCIDENTS DO NOT ONLY HAPPEN  
TO OTHERS!!