

# NEWS RELEASE



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For immediate use

## TRAVEL HEALTH WILL DAWN ON GALLIPOLI TRAVELLERS

For those Australians soon to make the April trek to Gallipoli for ANZAC Day, Australia's leading travel health care specialist is warning patriotic travellers to be vaccinated against hepatitis A and tetanus, six weeks before departing.

Dr Deb said that hepatitis A was reasonably prevalent in Turkey and that travellers could quite easily contract the virus through contaminated food and water.

"Each traveller has individual requirements depending on where they're going and what they'll be doing, but as a general rule, it's a great start if Aussie travellers to Turkey ensure their tetanus and hepatitis A shots are up to date," said Dr Deb.

She also said that another serious consideration for dawn service travellers was an influenza vaccine.

"One in every 100 travellers contract influenza while overseas. Influenza might cause them to miss the dawn service through being sick.

"The Gallipoli traveller would also be wise to pack an appropriately-stocked medical kit with an adequate supply of their usual prescription medications, as these may not be readily available in Turkey.

"It's important for travellers to take the necessary precautions," Dr Deb said, "it makes for a much safer and happier holiday".

As a pioneer within the travel medicine field, Dr Deborah Mills of Dr Deb's – The Travel Doctor, has practiced in the area of travel medicine for 20 years. She is also the author of Australia's most popular medical travel book 'Travelling Well' which is in its fourteenth edition and has 125,000 copies in print.

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