

THE WORLD CUP TRAVEL PACK



traveldoctor.com.au
1300 658 844

HEALTH TIPS:

All travellers returning to Australia from Brazil need a Yellow Fever vaccination certificate.

1. Get a Travellers' Medical Kit available from our clinics containing everything you might need – if only to get your Mum/wife/GF off your back!
2. Avoid mosquitoes, flies and other biting insects – Dengue Fever occurs in Brazil
3. Don't go near or touch local animals
4. Eat & drink safely – boil it, peel it, cook it... or forget it!
5. Stay hydrated. 1 beer + 1 water
6. Don't use, carry or get involved with drugs overseas
7. Practice safe sex
8. Cover up and apply sunscreen regularly

REVIEW THE TRAVEL CHECKLIST:

Check off items with an **X**



Consult The Travel Doctor - TMVC at least 6-8 weeks before you leave for tailored medical advice and to book your compulsory yellow fever vaccination



Check your ATM and credit cards to ensure you can easily access money and advise your bank that you will be travelling overseas



Make sure your passport has at least six months validity from your planned date of return to Australia



Make a copy of your passport, travel insurance policy, emergency contact numbers and travel itinerary. Leave another set with family or friends



Get your camera, battery charger and make sure you have enough space on your memory card/s



Pack your soccer colours and flags [#gosocceroos](#)



Take out comprehensive travel insurance and make sure it covers you for the places you plan to visit



Visit [smartraveller.gov.au](#) and register your travel itinerary



Remember if you are sick on your return home, book in to see a Travel Doctor for a checkup.

FOOTBALL FEVER IS ONE THING. YELLOW FEVER IS ANOTHER.

DON'T RISK YOUR HEALTH.