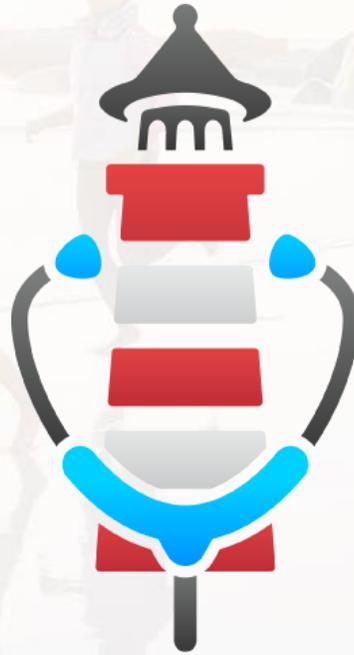


Safe
travelling
with
children
by
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AQUAMARINE
HEALTH CLINIC



Children are at higher risk of rapid deterioration from certain diseases

Malaria

- Infant and children under 5 are at higher risk of severe malaria and account for 76% of all malaria deaths in Africa
- Ensure impregnated nets are used – beds/ cot / pram

• Medication - Is weight related – ensure up to date weight taken

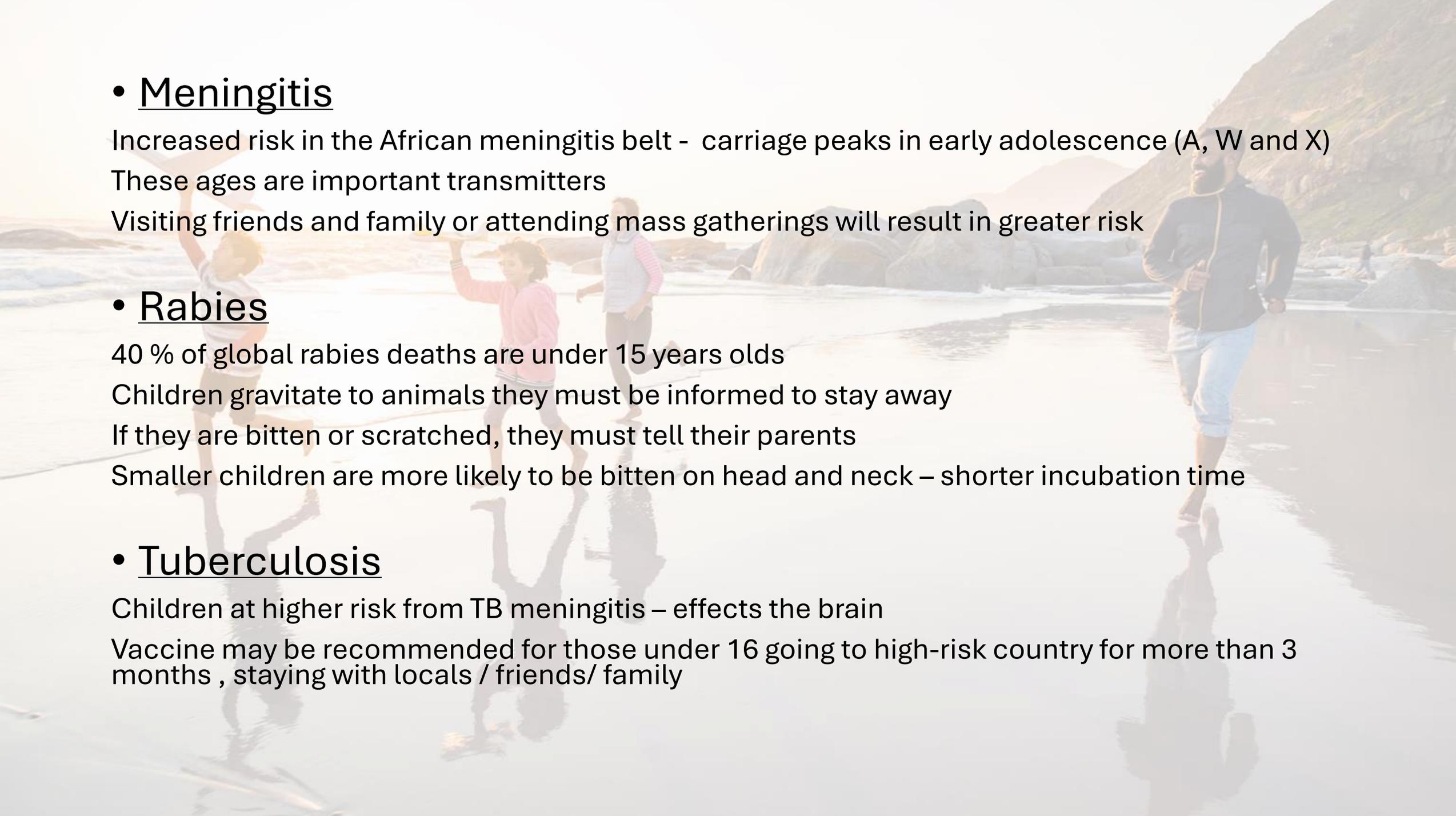
Atovaquone/ proguanil - from 11kg (off licence from 5kg) (starts with ½ paediatric tablet) to 40 kg (over 40kg 1 adult tablet can be used or 4 paediatric tablets)

Mefloquine – from 5kg (1/4 tablet) Over 45kg 1 adult tablets

Doxycycline – Only recommended over the age of 12 – can affect bone and teeth under that age

Also consider how they are going to taken them/ crushed / with food i.e Jam/ Nutella

- Insect repellent- DEET can be recommended for children over 2 months / Eucalyptus citridora oil, hydrated , cyclized (PMD) – natural (Mosiguard / Incognito)
- Clothing spray and room protection – spray clothes before travel will last up to a few weeks and a few washes / aircon / plugin / closed windows and doors



- Meningitis

Increased risk in the African meningitis belt - carriage peaks in early adolescence (A, W and X)

These ages are important transmitters

Visiting friends and family or attending mass gatherings will result in greater risk

- Rabies

40 % of global rabies deaths are under 15 years olds

Children gravitate to animals they must be informed to stay away

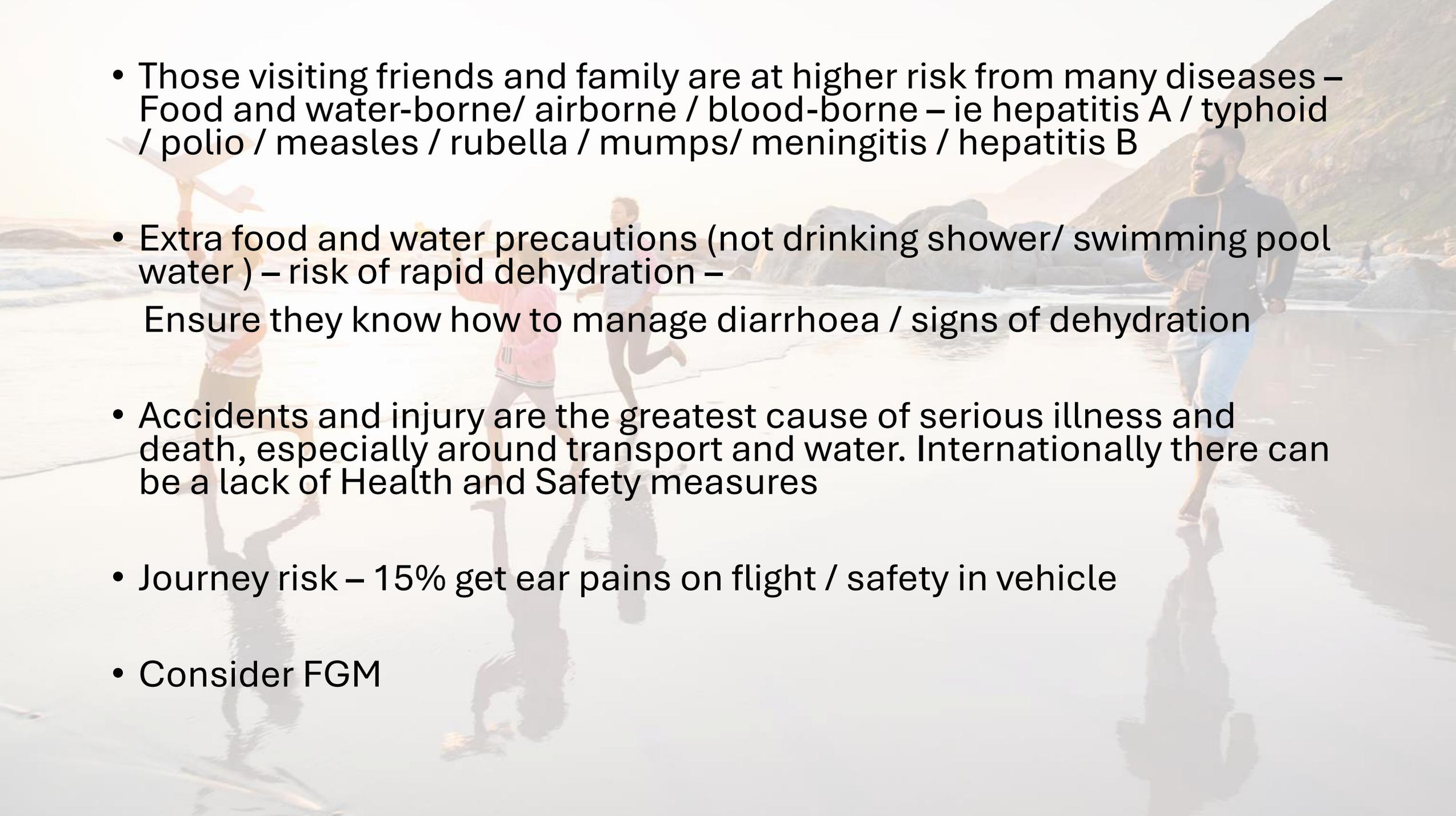
If they are bitten or scratched, they must tell their parents

Smaller children are more likely to be bitten on head and neck – shorter incubation time

- Tuberculosis

Children at higher risk from TB meningitis – effects the brain

Vaccine may be recommended for those under 16 going to high-risk country for more than 3 months , staying with locals / friends/ family

- 
- A group of people are running on a beach at sunset. The scene is captured in a warm, golden light, with the sun low on the horizon. The runners are in various stages of their stride, and their shadows are cast long and dark on the wet sand. The background shows the ocean waves breaking on the shore and a hazy, mountainous landscape under a clear sky.
- Those visiting friends and family are at higher risk from many diseases – Food and water-borne/ airborne / blood-borne – ie hepatitis A / typhoid / polio / measles / rubella / mumps/ meningitis / hepatitis B
 - Extra food and water precautions (not drinking shower/ swimming pool water) – risk of rapid dehydration –
Ensure they know how to manage diarrhoea / signs of dehydration
 - Accidents and injury are the greatest cause of serious illness and death, especially around transport and water. Internationally there can be a lack of Health and Safety measures
 - Journey risk – 15% get ear pains on flight / safety in vehicle
 - Consider FGM

Breastfeeding and bottle feeding

- Careful pre-trip preparation
- Up to date with primary vaccinations
- Breastfeed infants can be better protected – but consider cultural expectations
- Careful to remove insect repellent from hands/ breast before feeding
- Most vaccines can be safely given to mother – Consider Yellow fever / Not dengue – choose inactivated vaccine if option
- Consider malaria tablets – usually Mefloquine safe (if suitable) and atovaquone / proguanil or doxycycline are not advised but can be considered if only options
- Bottle fed babies – take equipment and formular/ consider flight
- Usually bottled water not recommended for formular but may be safer than tap (Bottled should be boiled as not sterile)

Risk from heat/cold and sun are increased extra precautions/ sun cream/ shade/ warm winter clothing

Some medication/vaccines not suitable for all children of all ages

- Hepatitis A – Over 1 year
- Typhoid – Over 2 years
- Cholera – Over 2 years
- Tick borne encephalitis – Over 1 years old
- Dengue - Over 4 years old
- Chikungunya (Vimkunya) - Over 12 years old
- Hepatitis B / BCG and Rabies from birth
- Meningitis ACWY (Nimerix) – From birth (Licence is over 6 weeks)
- Japanese encephalitis – 2 months
- Yellow fever – 9 months (6 months)



Recommend taking child specific items

- Take first aid kit
- Medication – Paediatric preparations / tablet cutter
- Travel insurance – ensure children covered
- Mosquito/pram nets
- Investigate local facilities – especially if any significant PMH
- Consider taking equipment from home- car / booster seat / compact buggie / pram sun protection / feeding equipment – spoons / bowl / cups – sterilizing tablets
- Bring compact games and reusable entertainment

Reference and Reading list

- <https://travelhealthpro.org.uk/factsheet/82/children>
- <https://wwwnc.cdc.gov/travel/page/children>
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