

Centres in Madrid

WHERE TO GO BEFORE YOUR TRIP:

Sanidad Exterior

C/ Francisco Silvela, 57, 1ª planta. Madrid
Telephone number for prior appointments: 902 02 73 73

Hospital Carlos III

C/ Sinesio Delgado, 10. Madrid
Telephone number for prior appointments: 91 453 26 72

**Centro Monográfico de Salud Internacional.
Ayuntamiento de Madrid**

C/ Montesa, 22 Edificio A, planta baja. Madrid
Telephone number for prior appointments: 902 333 010

WHERE TO GO AFTER YOUR TRIP:

Hospital Ramón y Cajal

Ctra de Colmenar, km 9,1. Madrid
Telephone number for prior appointments: 91 336 81 08

Hospital Carlos III

C/ Sinesio Delgado, 10. Madrid
Telephone number for prior appointments: 91 453 26 72

INFORMATION ON THE INTERNET:

www.viajarsano.com

www.msc.es (La salud también viaja)

Protect yourself from disease
and enjoy your trip.



Hospital Universitario
Ramón y Cajal

Comunidad de Madrid



And now, look after yourself and your loved ones

Hospital Ramón y Cajal

Unidad de Medicina Tropical
Servicio de Enfermedades Infecciosas

Carretera de Colmenar, km. 9,1 28034 - Madrid

 **91 336 81 08**

 Begoña (línea 10)

 Estación Ramón y Cajal

 Bus 125, 135 (Plaza de Castilla)

sanofi aventis

La Salud es lo esencial

HEALTH AND TRAVEL

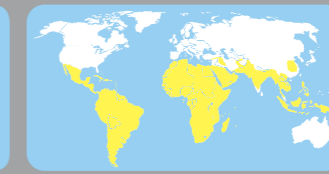
your health
is your future



HEALTH AND TRAVEL

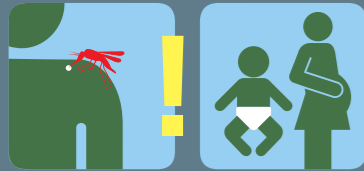
Why should I protect myself when travelling to my own country?

Because there are diseases that do not exist here and against which your body has no natural protection or has lost it over time. It is especially important to protect children.



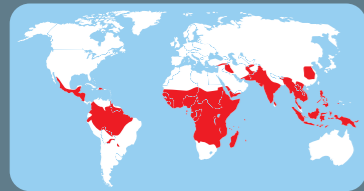
Warning

What risks do I have if I travel to the Tropics?



Travellers are at risk of contracting certain infections, such as those transmitted through water, food or insect bites.

Malaria, transmitted through a mosquito bite, is a disease that can have very serious consequences, particularly in **children** and **pregnant women**.



You must protect yourself against this disease if you are travelling to Africa or certain areas of Latin America and Asia.

What Should I Do while Travelling?



Take malaria pills if the doctor has recommended you to do so.



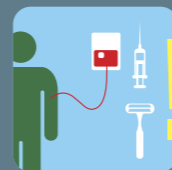
Use a mosquito net when sleeping.



Eat food that has been recently prepared and avoid food that has been at room temperature for some time.



Drink potable water. It is better to use bottled water for children and for preparing babies' bottles.



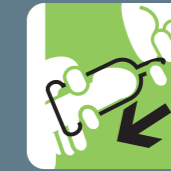
Maximise precautions with sharp objects and health instruments:

Remember that there is a risk of transmitting diseases through injections and dental extractions if the material is not sterile, as well as blood transfusions if the blood is not analysed.

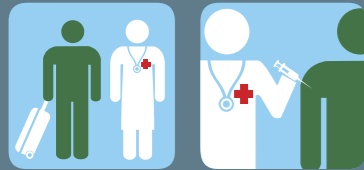


Use a condom if you have sexual relations.

Remember that a condom can protect you against many infections.



What Should I Do before Travelling?



At least one month before travelling, you should go to your doctor or paediatrician to receive health advice.

Children should be up to date with **vaccinations**, and some of them should be given even earlier. Depending on the trip, some are compulsory (yellow fever, meningitis) and others recommended (hepatitis A, typhoid).

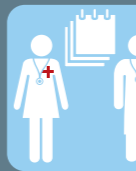


International Vaccination Centres can give these vaccines, as well as medication to prevent against malaria.

What Should I Bear in Mind after Travelling?



You must continue taking the malaria pills according to the instructions.



If you or your children show symptoms such as diarrhoea or skin problems when returning from your trip, you should go to a health centre. **If you have a fever, you should go to the doctor immediately, since it could be due to malaria.**



Malaria in children can also cause diarrhoea or coughing.