

HEALTH

Common illnesses

Travellers Diarrhoea and colds are the most common illnesses you are likely to encounter. While these conditions are not life threatening, they can affect your performance. Prevention measures include

- Vaccination especially influenza and typhoid
- Wash your hands
- Eat and drink safely

If you do get sick

- Hydrate well
- Try to sleep
- Be aware that some ingredients of over-the-counter cold and flu medications are on WADAs prohibited list
- Cover your mouth when coughing or sneezing to avoid infecting the rest of your team

Jet Lag

Jet lag is a syndrome of symptoms due to physiological adaptations when the body crosses time zones. The more time zones you cross the greater the disruption. It can affect your mental alertness and reaction times and cause headaches, fatigue, sleep disturbance and gastrointestinal symptoms.

- Travelling west to east is often more difficult
- Recovery usually takes one day per time zone

Hasten recovery during travel by

- Hydration
- Avoid large meals, alcohol and caffeine
- Get up and walk around on long flights

Hasten recovery after you arrive

- Eat meals at the destination time
- Exercise
- If sleeping during the day take short naps so you can still sleep at night
- Get sunlight

Immunisation

Routine vaccinations



Make sure all your routine immunisations are up to date and don't forget to get your *influenza* vaccine this year

Travel vaccination



Hepatitis A is recommended for all travellers to the Republic of Korea

- *Typhoid* is recommended for those travelling to smaller cities and rural areas as well as adventurous eaters
- *Hepatitis B* is recommended for anyone who may have unprotected sexual contact with the local population



There are no additional vaccinations recommended for France.

<https://wwwnc.cdc.gov/travel/destinations/list>

Anti Doping Rules

- If you are representing Australia in the Open, Women's, Youth or Girls divisions you may be liable for drug testing.
- Some common medications used for conditions such as asthma, hypertension and diabetes are on the WADA banned list.
- If you are taking any of these medications check with your doctor to see if there is an alternative medication you can use or apply for a Therapeutic Use Exemption
- More information can be found at <http://www.worldbridge.org/anti-doping-regulations.aspx>