

Martin knows his limit when it comes to drinking alcohol at home, but he didn't realize the temptation he'd feel to "party" on holiday. One evening at a riverside bar in a small town, Martin had one too many rum punches and was asked to leave. Drunk and disoriented, he stumbled down to the pier in the dark – and walked off the edge into two metres of water. If it hadn't been for the passerby who pulled him out that night, Martin's holiday could have ended with his funeral.

Sexual behaviour

If you have unprotected sex with a new partner, you could acquire a variety of sexually transmitted infections. Many sexually transmitted infections have periods with no symptoms when the infection can still be spread to others, so an infected individual may not even know

he or she is at risk of transmitting disease. Having sex with commercial sex workers can put you at a much greater risk for sexually transmitted infections.

If you're sexually active, follow these precautions to prevent illness:

- Don't have sex (vaginal, oral or anal) with strangers or commercial sex workers, and avoid casual sexual contact.
- Before departure, pack your own supply of high-quality condoms. If you're going to have sex with a new partner, use latex condoms (or polyurethane condoms, if you're allergic to latex) consistently and correctly for every sexual contact.
- Discuss vaccinations for hepatitis B and human papillomavirus (HPV) with your physician. No vaccines exist for many sexually transmitted infections, including HIV.