

sneezes or coughs can cause meningococcal disease, tuberculosis and influenza. Close contact with people in aircraft, buses and other crowded and enclosed places may increase your risk, so use alcohol-based hand sanitizer and wash your hands frequently.



Diseases transmitted from sand and soil

Bacteria naturally residing in sand and soil can cause infection if they come into contact with broken skin. Wear shoes to prevent penetrating wounds and avoid direct contact with soil in locations where infections such as tetanus and anthrax are reported or likely to occur. Some parasites, such as intestinal worms, also live in soil and can infect you if you eat soil-contaminated vegetables.

Avoiding accidents and injuries

Traffic accidents

Traffic accidents are the most common cause of death among travellers under 50 years of age. You can reduce your risk by taking the same precautions you would at home and by being aware of – and attentively following – local traffic laws.

- Make sure you have travel health insurance coverage both for illness and for injuries sustained in accidents.
- Obtain information about traffic regulations, vehicle maintenance practices and the road system of the countries you'll be visiting.
- Before renting a car at your destination, check the tires, seat belts, spare wheels, lights and brakes.
- Know the informal rules of the road – in some countries, drivers will sound their horn or flash their headlights before overtaking another vehicle.