

# Survival Guide

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# Health

As long as you stay up to date with your vaccinations and take some basic preventive measures, you'd have to be pretty unlucky to succumb to most of the health hazards covered here. Réunion has a fair selection of tropical diseases on offer, but you're much more likely to get a bout of diarrhoea or a sprained ankle than an exotic disease.

Chikungunya epidemics have been an issue in Réunion and in Mauritius in the past, so check the latest before travelling.

## BEFORE YOU GO

A little planning before departure, particularly for pre-existing illnesses, will save you a lot of trouble later. Before a long trip, get a check-up from your dentist and your doctor if you require regular medication or have a chronic illness, eg high blood pressure or asthma. You should also organise spare contact lenses and glasses (and take your

optical prescription with you); get a first-aid and medical kit together; and arrange necessary vaccinations.

Travellers can register with the **International Association for Medical Assistance to Travellers** ([www.iamat.org](http://www.iamat.org)). Its website can help travellers find a doctor who has recognised training. You might also consider doing a first-aid course (contact the Red Cross or St John Ambulance) or attending a remote medicine first-aid course, such as that offered by the **Royal Geographical Society** ([www.wildernessmedicaltraining.co.uk](http://www.wildernessmedicaltraining.co.uk)).

If you are bringing medications with you, carry them in their original containers, clearly labelled. A signed and dated letter from your physician describing all medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity.

## RECOMMENDED VACCINATIONS

The **World Health Organization** ([www.who.int/en](http://www.who.int/en)) recommends that all travellers be adequately covered for diphtheria, tetanus, measles, mumps, rubella and polio, as well as for hepatitis B, regardless of their travel destination.

Although no vaccinations are officially required, many doctors recommend hepatitis A and B immunisations just to be sure; a yellow-fever certificate is an entry requirement if travelling from an infected region.

## Insurance

Find out in advance whether your insurance plan will make payments directly to providers or will reimburse you later for health expenditures (in many countries doctors expect payment in cash). It is vital to ensure that your travel insurance will cover outdoor activities, including paragliding, diving and canyoning, as well as the emergency transport required to get you to a good hospital, or all the way home, by air and with a medical attendant if necessary. Not all insurance policies cover this, so be sure to check the contract carefully. If you need medical care, your insurance company may be able to help locate the nearest hospital or clinic, or ask at your hotel. In an emergency, contact your embassy or consulate.

## Medical Checklist

It is a very good idea to carry a medical and first-aid kit with you, to help yourself in the case of minor illness or injury. Following is a list of items you should consider packing.

- ➔ antidiarrhoeal drugs (eg loperamide)
- ➔ acetaminophen (paracetamol) or aspirin
- ➔ anti-inflammatory drugs (eg ibuprofen)