

Stay healthy on holiday

Health advice by
telephone or fax
from the Hospital for
Tropical Diseases, London
in association with ABTA



The Hospital for
Tropical Diseases

- safe eating and drinking
- malaria prevention
- vaccinations
- current outbreaks

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FAX

If you have a touch-tone phone and access to a fax machine (**not** a fax-modem), you can get health advice which is yours to keep.

This easy-to-use service is designed not just for those visiting a single country. If your trip includes, say, five different countries, the service will work out advice for your whole itinerary.

How to use the fax service

- 1 Have your fax number handy.
- 2 From any touch-tone telephone, dial **09067 65 66 00**†
There is no need to call from a fax-machine.
- 3 Follow the simple instructions you hear. You will be asked to enter and confirm your fax number by pressing the buttons on your phone.
- 4 You will receive an index page. This contains a list of the 160 countries on which we offer information, and tells you how to get the information. You will need to make a second phone call.

The total cost (when you have made both calls) will normally be £3 - £4. We will bear the cost of sending the faxes to you.

TELEPHONE

For up-to-the-minute health advice on these popular destinations, just dial the number shown.

Bali	09067 65 66 65
Brazil	09067 65 66 66
Bulgaria	09067 65 66 68
China	09067 65 66 69
Dominican Republic	09067 65 66 70
Egypt	09067 65 66 71
Gambia	09067 65 66 72
Goa	09067 65 66 73
Hong Kong	09067 65 66 74
Hungary	09067 65 66 68
India	09067 65 66 73
Indonesia	09067 65 66 75
Israel	09067 65 66 76
Kenya	09067 65 66 77
Malaysia	09067 65 66 78
Maldives	09067 65 66 79
Margarita Island	09067 65 66 80
Mauritius	09067 65 66 81
Mexico	09067 65 66 82
Morocco	09067 65 66 83
Nepal	09067 65 66 73
Pakistan	09067 65 66 73
Romania	09067 65 66 68
Russia	09067 65 66 84
Seychelles	09067 65 66 79
Singapore	09067 65 66 74
South Africa	09067 65 66 85
Thailand	09067 65 66 86
Tunisia	09067 65 66 83
Turkey	09067 65 66 87
Zimbabwe	09067 65 66 89

Caribbean Islands 09067 65 66 64
United Arab Emirates 09067 65 66 88
(including Dubai)

Are you going to a country not listed above? Then dial **09067 65 66 67**†
You will be able to select information on the country you require. If possible, use a touch-tone phone.

† Please note: this information service is primarily for travellers to tropical countries. If you have a query about Europe, North America, the former Soviet Union, Australia, New Zealand, Japan, Korea or Mongolia, call 09067 65 66 99

If you have any health concerns, see a doctor before travelling

Calls to 09067 numbers are charged at 50p per minute
Calls from mobiles and some other networks may cost more