



Stay well travel advice – Medical Travel Pack

Plan AHEAD

Source timely medical support

Before Leaving Australia PLAN AHEAD

A medical travel pack will assist early and effective management of potential illnesses including upper respiratory tract infection (URTI) and traveller's diarrhoea. It will also assist in managing musculoskeletal injuries in the case they arise.

Arrange a medical & nutrition review prior to travel

A medical travel pack may contain:

- Tissues
- Anti-bacterial hand sanitiser
- Zinc and Vitamin C – Swisse Immune
- Paracetamol 500mg tablets
- Betadine sore throat gargle
- Saline Nasal Spray
- Eye drops
- Lip Balm
- Throat lozenges
- Medicated nasal spray
- Gastrolyte / hydrolyte fluid replacement
- Probiotic
- Gastro stop (loperamide)
- Buscopan
- Prescribed antibiotics
- Anti-inflammatories

SLEEPING MEDICATIONS

Consult your local medical doctor or TA chief medical officer, in the case you are considering the use of a medication to assist your sleep on long haul flights.

Medications should be checked on GLOBAL DRO before use via the ASADA app.

Long Haul Flights

Before Departure

- 7-10 days before travel consider the use of a probiotic that contains *Saccharomyces boulardii* and *Lactobacillus rhamnosus* strain GG
- Aim for two good nights of sleep before the day of departure
- Only light exercise on the day of departure
- Ensure you are well hydrated before the flight

On the flight

- **Wash** hands or use hand sanitiser before eating or handling food, after the toilet or spending time in public places
- **Avoid** touching public surfaces unnecessarily
- **Avoid** using your phone while eating and clean your phone regularly
- **Stay** hydrated, use a nasal spray and saline eye drops regularly on the flight
- **Change** your watch to the local time at your destination
- **Plan** your sleep on the flight in relation to appropriate times at your destination

**In the case you feel unwell
and suspect gastro, refer to
traveller's diarrhoea
management information**

CHIEF MEDICAL OFFICER

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In case you get sick

Early Signs of URTI:

Tickle in the throat/runny nose/nasal congestion or close contact exposure to a virus.

- Zinc & Vitamin C (1 tablet twice a day)
- Swisse Immune, contains both Vitamin C and Zinc. It is considered low-risk. If purchased, record the supplement and batch number in your Supplement Register on the AMS.

Symptomatic Treatment of URTI:

- Sore throat and/or headache – 2 paracetamol tablets (4 hourly if required, but no more than 8 per day)
- Sore throat – lozenges and Betadine sore throat gargle
- Runny nose and/or blocked sinuses
 - Medicated nasal spray
 - Saline Nasal Spray

Unwell more than ONE day:

- If not travelling with medical support, contact TA chief medical officer

NOTES:

- **pseudoephedrine** containing medicines (e.g. **SUDAFED**) are **BANNED** in competition and **MUST NOT** be taken within 24 hours of racing.
- **Do not** use suggested medications if you have previously had an allergy or adverse drug reaction
- Do not use betadine throat gargle if you have an iodine allergy.
- **Please refer to the information sheet regarding COVID-19 and illness if any symptoms of illness**