

MY TRAVEL HEALTH PASSPORT



NOT A REAL PASSPORT

THIS GUIDE IS HERE TO HELP YOU STAY SAFE AND HEALTHY WHILE TRAVELLING OVERSEAS

Looking after yourself and your health is important when you are travelling overseas. You may encounter health risks that you're not used to seeing in Australia, from food and drink-related illnesses to serious infections like hepatitis, HIV, malaria and typhoid.

Most travel illnesses are minor, but you should be aware of the risks and protect yourself. When planning your trip, research as much as you can about your destination/s so that you can look after yourself.

BEFORE YOU LEAVE

See a doctor or travel health specialist for a pre-travel health check, vaccinations, travel advice, sexual health testing, and to discuss how to stay safe and healthy overseas.

WHEN YOU GET HOME

You should also have a health check when you get home. Talk to your doctor about any injuries, incidents or potential health risks you experienced while travelling.

If you had unprotected sex or an unwanted sexual encounter, if the condom broke, or you shared injecting equipment, ask for a full sexual health test to check for HIV and other sexually transmissible infections (STIs).



GET A HEALTH CHECK

A pre-travel health check should include discussion about vaccinations, medications you are taking or may need to take, any pre-existing health conditions, concerns and questions you may have, and potential health risks.

Talk to your doctor or a travel health specialist about any potential issues that may impact your health and how you can look after yourself.

If you plan on having sex or using injecting drug equipment while overseas, ask for a full sexual health screening, including testing for HIV and hepatitis.

Make sure to book your travel health appointment early. Some vaccinations need several shots spaced out and you will want to give yourself enough time.

TRAVEL HEALTH KIT

Accessing adequate and effective medical care overseas can sometimes be challenging and expensive. It's wise to carry a travel health kit with you, especially when visiting areas where medical care or supplies may be hard to access.

A GOOD TRAVEL HEALTH KIT CAN INCLUDE:

- ✓ Prescription medications
- ✓ Antihistamines
- ✓ Band-Aids®
- ✓ Hand sanitiser
- ✓ Paracetamol and ibuprofen
- ✓ Antiseptic cream/spray
- ✓ Mosquito/insect repellent
- ✓ Rehydration salts
- ✓ Diarrhoea/indigestion tablets
- ✓ Condoms
- ✓ Water-based lubricant
- ✓ Menstrual hygiene products
- ✓ Contraception
- ✓ Sunscreen

DO YOUR RESEARCH

When planning your trip, do your homework and research your destination. Look at the local laws and customs, visa and entry restrictions, security and safety issues, health risks and what to do to stay healthy. For up-to-date information on health and safety risks, go to smartraveller.gov.au.

- 🔍 Research your destination/s to see if there are any security issues and how you can protect yourself.
- 🔍 Look up the details of the nearest consulate or embassy you can contact or visit in case of an emergency. You can also call the 24-hour Consular Emergency Centre (CEC) on **+612 6261 3305** for support and assistance.
- 🔍 Register your travel plans with the Department of Foreign Affairs and Trade at smartraveller.gov.au. It will help them contact you or your family in case of an emergency.

TRAVEL INSURANCE

Travel insurance is essential for looking after you and your health in case something unexpected happens or goes wrong.

Accidents can happen to anyone. Medical expenses can even reach tens of thousands of dollars, and you may be fully responsible if you don't have insurance.

- ✈️ Do your research and find the right coverage for you. It should cover all medical costs, including accidents, emergency care, medical evacuation and repatriation.
- ✈️ Check whether your coverage excludes your planned destination/s or any risky activities like riding mopeds, rock-climbing, scuba-diving, etc.
- ✈️ Check if pre-existing medical conditions are covered and always declare them. Your claim may be denied if not.
- ✈️ Be aware that many policies will not cover injuries sustained while drinking or using drugs.
- ⚠️ Be prepared to pay out of pocket at the time of care, even with travel insurance. It's a good idea to have money set aside just in case.

MEDICAL PROCEDURES

VACCINATIONS

At least **eight weeks** before you leave, see your doctor or travel clinic for a basic health check-up. Ask them about any vaccinations you will need for your destination, as well as any potential health effects.

Some countries require you having certain vaccines before entry. Check the entry requirements before you travel and contact their embassy or consulate if you have any questions.

- Some vaccines take longer to take effect than others, so make sure you give yourself plenty of time before you leave to get them. **Don't wait until the last minute.**
- Some vaccines such as hepatitis A and B require several shots, spread out over time.
- Take a written record signed by your doctor when you are travelling. This is known as a Yellow Card and is used as proof of vaccination to enter some countries.

If you are planning to get medical, dental or cosmetic treatment overseas, be aware you may not receive the same level of care that you would expect in Australia.

Safety standards, medical training, and rates of complications may be different to Australia's. The rise of antibiotic-resistant bacteria and the high prevalence of infections like HIV and hepatitis in many countries is something to be wary of. The level of risk depends on the country, clinic and procedure.

- Ask your doctor in Australia about what you should expect from a clinic overseas, possible complications and what you should look out for.
- Find clinics and doctors with positive reviews and are known for having high standards of medical care.
- Be aware of the risk of infection. Ask the medical team about the measures they have in place to reduce risk.
- Check that your travel insurance covers overseas medical procedures in case something goes wrong.
- If you don't speak the language, make sure you have some way to communicate with your doctors.

MEDICATIONS

Will you need to take medications with you while travelling?
Here are a few tips to help you get prepared:

- ❑ Talk with your doctor about medications you may need to take with you. Ask about possible adverse reactions that could happen when taking both regular medications and travel medications like antibiotics or antimalarials.
- 🔍 Contact embassies or do some research to check for any restrictions. Some medications are illegal, have limits or require permits in certain countries.
- ❑ Carry your prescription or a doctor's letter stating what your medication is and that it is for your personal use. Keep medications in the original packaging and clearly show your name and dosages.

- ❑ Take enough medication to last the whole trip, with extra for unexpected delays. Keep spares in your carry-on bags in case your checked bags go missing.
- ❑ Check if your medication is available in your destination in case you lose your medication or you need to buy more.
- 🕒 Travelling through time zones can affect your timing in taking medication. Set an alarm or use an app to help remind you.
- ❑ If your medication requires injecting, like insulin, you may want to bring your own syringes and needles. Bring with you documents that show you need to inject for medical purposes if you hold them in carry-on baggage.
- ❑ If you need to buy injecting equipment overseas, check that it's sealed and sterile to avoid the risk of infection.
- ❑ Be aware that alcohol, other drugs and some local substances may negatively interact with your medication.



MENTAL HEALTH

A wide range of factors can negatively impact your mental health while travelling. A current or previous history of mental health problems is not a barrier to travel, but it is wise to be aware of potential issues and to plan accordingly.

- ✔ If you are concerned about your trip, ask your doctor or mental health specialist for advice.
- ✔ If you use medication for your mental health, follow the Medication advice on **page 9**.
- ✔ Ensure you continue to take medication as prescribed while you're travelling.
- ✔ Make sure your travel insurance covers you if you have pre-existing mental health issues.
- ⚠ Develop a plan for coping with delays, unexpected incidents and triggers.
- ⚠ If you find yourself struggling, don't wait until you get home. Make sure you seek support early.

FACTORS THAT COULD EFFECT YOUR MENTAL HEALTH WHILE TRAVELLING:

- ✈ Not regularly taking your prescribed medication or not following the medication guidelines correctly.
- ✈ Being in an unfamiliar environment.
- ✈ Experiencing homesickness and the separation from your regular support networks like friends, family or carers.
- ✈ Dealing with jet lag or sleep deprivation.
- ✈ Experiencing culture shock, language barriers or the disruption of regular routines.
- ✈ Increased use of caffeine, alcohol and other drugs.
- ✈ Dealing with sicknesses like traveller's diarrhoea.

FOOD AND DRINK

Eating, drinking or hand-to-mouth contact can expose you to organisms that cause illnesses like traveller's diarrhoea, hepatitis, and cholera. Illness caused by poor food handling is common in some places, even in expensive hotels. Practise proper food, water and hand hygiene to avoid getting sick.

- ✈️ Avoid consuming high-risk food and drinks like:
 - Unpasteurised dairy products such as milk and cheese
 - Raw fruits and vegetables (unless rinsed or peeled)
 - Raw or undercooked meat, fish and shellfish
 - Food prepared in unhygienic places
- ✈️ Wash your hands thoroughly with antibacterial soap or hand sanitiser before eating or handling food.
- ⚠️ Only drink water you know is safe. If possible, avoid tap water. In some countries, water may have parasites, bacteria and viruses that can cause serious illness.
- ✈️ Look for water that is bottled, boiled, chemically sanitised or reliably filtered. They are usually safe.
- ✈️ You may want to be careful with ice cubes as well. These can also contain bacteria and parasites.

ALLERGIES

If you have any allergies or asthma, you may need to take additional measures to ensure your health and safety while travelling.

- ✈️ Make sure you list your allergies as a pre-existing condition on your travel insurance.
- ⚠️ Be sure to bring your prescription if you carry medication like antihistamines or an EpiPen.[®]
- ✈️ Language barriers can make ordering food and drink difficult and potentially dangerous. Learn to say what foods you can't have or carry a card in the local language explaining your allergy.

If you have a hidden medical condition like allergies or diabetes, consider wearing medical alert jewellery. This can help first responders in case of an emergency. Go to [medicalert.org.au](https://www.medicalert.org.au) for more information.

BITES AND SCRATCHES

Wild and domestic animals can be carriers of bacteria and disease. Animal bites and scratches might cause skin reactions and infections, and come with a risk of serious illnesses like tetanus and rabies.

- ✈️ Avoid contact with animals like cats, dogs, monkeys and bats, even in urban and busy tourist areas.
- ✈️ Treat all cats and dogs as if they are wild, especially in rabies-prone areas.
- ✈️ If you are scratched or bitten, clean your wound with a disinfectant and keep an eye out for signs of infection.
- ⚠️ If you are bitten, particularly in a rabies-prone area, seek immediate medical attention. Even if you've had a rabies vaccination before, you may still need to receive a post-exposure shot.

MOSQUITOS AND OTHER INSECTS

In some countries, mosquitos and other insects can carry a variety of diseases like malaria, dengue, Zika and yellow fever. Bites can also become infected and cause other illnesses. You will want to take precautions to protect yourself and your health.

- ✳️ Wear long pants and shirts that cover as much skin as possible to protect yourself against bites.
- ✳️ Use high-quality insect repellents that contain DEET to keep away mosquitos. They come in different forms, like sprays, creams and roll-ons and you can find them at travel clinics, chemists and supermarkets.
- ✳️ Use a mosquito net to protect yourself while you sleep. Your accommodation may provide these, but it's wise to bring your own just in case.

ALCOHOL AND OTHER DRUGS

The use of alcohol and other drugs, especially in an unfamiliar environment and country, can sometimes have its risks. Using drugs or drinking alcohol is your choice, but it can affect your safety and wellbeing and can increase your risk of accidents, injury and legal issues.



SAFER DRINKING TIPS

- When using alcohol and drugs, stay in an environment where you feel safe and with people you trust.
- Be aware that some countries may have much stronger alcohol and other drugs than you're used to. They may also have additives you aren't aware of.
- Be careful with home-made spirits like arrack. They can contain methanol, which is toxic.
- Be aware of drink spiking and remember that it can happen to anyone, male or female.

SAFER INJECTING TIPS

- If you choose to inject drugs, make sure your needles, syringes, and other equipment are sterile and in the original packaging to avoid contamination or infection.
- Don't share needles with others. Many countries have a higher prevalence of blood-borne viruses like HIV and hepatitis. Sharing equipment increases your risk.
- If you are bringing equipment from home, you may need to provide proof that it is medically required.

TATTOOS AND BODY PIERCINGS

Tattoos and piercings can be a cheap and fun experience while travelling. If the tattoo or piercing parlour has poor safety standards, which can be common in some countries, you may be at risk of infections like staph, hepatitis and HIV. Do some research, look around and pick a place where you feel safe.

- ✈ Choose a tattoo artist or body piercer that is licenced, professional, and trained. The place should both look and smell clean and sterile.
- ✈ Equipment, including needle and ink, should be new, in sterile packaging and opened in front of you.
- ✈ They should immediately dispose of any used items like needles, ink and gloves that came into contact with blood. Tattoo ink that has been poured back into the pot after being used on someone else can put you at risk of hepatitis infection.
- ✈ Keep your new tattoo clean, dry and out of sunlight to avoid getting a skin infection.

CULTURAL PRACTICES

People may return to their country of origin to perform rituals and cultural practices. Some practices, like skin scarring, body piercing, tattooing and circumcision, may increase the risk of blood-borne viruses like HIV and hepatitis.

- ✈ Make sure any ceremonial blades, knives or needles used are new, disposable and sterilised to avoid infection.
- ✈ If you have sexual contact with someone, use a condom for protection, especially if you don't know their sexual health status.
- ⚠ If you come into contact with blood, semen or other bodily fluids, see a sexual health clinic or GP for a full sexual health screen, including HIV, when you get home.

SAFER SEX

When you travel, you may have more sex than you usually would and have new sexual experiences. Sex overseas can be exciting, but can also come with risks. Sexually transmissible infections (STIs) and blood-borne viruses (BBVs) can be more common in some countries, so it's wise to protect yourself.

- ✈️ Use a condom and water-based lubricant during sexual contact to help prevent unplanned pregnancy, STIs like syphilis and gonorrhoea and BBVs like HIV and hepatitis.
- ✈️ You can't always tell someone's sexual health status by looking at them. They may not know themselves, so it is important to take steps to protect yourself.
- ✈️ Consider bringing condoms with you from home. Some countries might not have condoms with the same quality or sizes you're used to, or they may be difficult to find.
- ✈️ Be aware of language barriers. Not speaking the same language as your partner may make negotiating sexual activities, consent or the use of protection difficult.
- ✈️ When you return home, get a full sexual health test from a sexual health clinic or your GP. Let them know you had sex overseas recently.

USING CONDOMS

Condoms are highly effective at preventing HIV, STIs and unplanned pregnancy when used correctly.

- ▶️ Always check the expiry date on the condom packet.
- ▶️ Check both the packet and the condom for any tears or defects. Throw it out if either is damaged.
- ▶️ Use plenty of water-based lube on the outside of the condom to prevent it from slipping off or tearing. Don't use oil-based lubes like Vaseline and massage oils. They can cause the condom to break.
- ▶️ Put a few drops of lube in the tip of the condom. It will increase penile sensitivity and enhance pleasure.
- ▶️ Store your condoms in a cool, dry place. Don't store them in your wallet for long periods as the friction and heat can damage them.
- ▶️ Don't put on more than one condom at a time. It won't give extra protection and can cause them to tear.
- ▶️ Condoms can only be used once so make sure that you carry plenty with you.
- ⚠️ Go to **page 26** for information on what to do in case the condom breaks or you have unprotected sex.

PRE-EXPOSURE PROPHYLAXIS (PrEP)

Pre-Exposure Prophylaxis (**PrEP**) is medication that is highly effective at preventing HIV, with an effectiveness of 98% when taken daily. It gives you more control over your HIV status and can reduce stress and anxiety around sex.

PrEP may be an option for you to consider when travelling, especially if you:

- 🔴 Are travelling to high HIV prevalence countries.
- 🔴 Have anal and/or vaginal sex and don't always use a condom.
- 🔴 Use and share injecting drug equipment.

To get PrEP, you will need to get a prescription. It may be easiest to visit a sexual health clinic or GP with experience in prescribing PrEP. They will conduct some tests to make sure you can safely take PrEP, including testing for HIV, STIs and kidney function.

It is important to note that PrEP can take 7 days to reach adequate levels in the body.

If you want to stop using PrEP, you should continue to take it for 28 days after your last risk exposure.

POST-EXPOSURE PROPHYLAXIS (PEP)

If you think that you've been exposed to HIV, taking Post-Exposure Prophylaxis (**PEP**) can help stop the transmission of HIV.

PEP is a 4-week course of treatment that needs to be started as soon as possible after a potential exposure—within 72 hours at the latest. It is accessible in Australia but can be difficult and expensive to obtain overseas.

You will have a sexual health test at the time of getting PEP and you will need another HIV test 12 weeks after.

⚠️ If you think you may be at risk of HIV while you're travelling, you might want to talk to your doctor about using PrEP.

⚠️ PrEP and PEP only protects you against HIV. It will not prevent pregnancy or the transmission of STIs and other blood-borne viruses. Using condoms and regular testing will keep you on top of STIs.

Go to wa aids.com or pan.org.au for more information about PrEP and PEP, as well as where to get it.

SEXUAL ASSAULT

Sexual assault can happen to anyone when travelling overseas. It is any sexual act or behaviour that is violent, forced, threatening or coercive, and where consent has not or is not able to be given.

If you are sexually assaulted:

- ✔ Try to find a safe place as soon as possible.
- ✔ Seek immediate medical assistance. Hospitals and clinics can provide support, testing, treatment and advice. They should also be able to provide emergency contraception and the HIV prevention medication PEP (see [page 24](#)).
- ✔ You may have to decide whether to report to the police. In some countries, you may receive little to no help or support and can even experience additional issues.

You can contact the 24-hour Consular Emergency Centre in Canberra on **+612 6261 3305** for advice and support. If you need counselling, they can transfer you to an Australian sexual assault counselling service or a Lifeline crisis supporter.

IF SOMETHING GOES WRONG

Here is what you should do in the case that something goes wrong or not as planned, such as if you have unprotected sex, the condom broke, or you have been sexually assaulted:

- ✔ Visit a GP or sexual health clinic for a check-up when you return to Australia. There are window periods for testing for blood-borne viruses and STIs so you will need to have another test after those periods in order to get definitive results.
- ❌ If you believe you have been exposed to HIV, you can take Post-Exposure Prophylaxis (PEP), a medication that can help prevent you from acquiring HIV. You can find more information about PEP on [page 24](#).
- ❌ Consider emergency contraception to avoid unplanned pregnancy. It's best to take it within 24 hours, but can be taken up to 96 hours, depending on the type.
- ✈ For a list of sexual health clinics in Western Australia, go to [page 36](#) or waaids.com/testing.

MENSTRUATION & CONTRACEPTION

When travelling overseas, you may experience issues around menstruation or the use of contraception.

- ✈ Consider bringing hygiene supplies like tampons, pads or menstrual cups with you. It may not be easy to find or buy your preferred products in some countries.
- ✈ If you plan to use a form of contraception to delay your period or to avoid unplanned pregnancy, ask your doctor about any issues that may arise while travelling.
- 👉 To protect against both STIs and pregnancy, you'll need to use condoms as other contraceptive methods only help prevent pregnancy. Rates of STIs like chlamydia, gonorrhoea and HIV are high in many countries, so use condoms to protect yourself.
- 🚫 Contraceptive methods like the pill and the emergency contraceptive pill may not be easily available in some countries. Check before you leave if you can buy it overseas, otherwise you may need to bring it with you.

- 🕒 Travelling through different time zones can affect your timing in taking the pill. Set an alarm on your phone or use an app to help remind you.
- ✈ Persistent vomiting or diarrhoea from travel illness or food poisoning can affect the absorption of the pill. You may need to take another dose or use a barrier method like condoms or a diaphragm if you plan to have sex.
- ✈ Be aware that using hormonal contraception like the pill, patches, and vaginal rings can increase the risk of deep-vein thrombosis (DVT) during travel, particularly during long periods of immobility, like flights.
- ✈ If you think you may be at risk of DVT, consider wearing compression stockings and walking around or standing up regularly to minimise risk.

LGBTI+ TRAVELLERS

Lesbian, gay, bisexual, trans and intersex (LGBTI+) travellers may face unique challenges visiting some countries. Some countries may not recognise some LGBTI+ rights, certain acts may be illegal, and the locals may be intolerant of travellers.

- 🔍 Research your destination for any laws around sexuality, gender and intimacy and act accordingly. Some countries are safer to be LGBTI+ than others. For more information on countries' LGBTI+ laws, go to equaldex.com or smartraveller.gov.au
- ✈️ If a country is not LGBTI+ friendly, you might want to avoid public displays of affection.
- ✈️ In some countries, dating apps like Grindr, Hornet and Scruff are used by police and catfishers to threaten or entrap LGBTI+ people. You might find yourself in danger, physically and legally.
- ✈️ Be careful with what you put on social media and dating apps in unfriendly countries. Consider increasing your privacy settings.

HIV+ TRAVELLERS

Travellers living with HIV shouldn't experience challenges regarding their status while overseas, but sometimes do. Here are some tips for looking after yourself on your travels:

- 🔴 Follow our advice on [page 9](#) for travelling with your medications.
 - Carry 3 or 4 doses in your carry-on bags in case checked bags are lost or delays occur.
 - Rebottle your medication in neutral packaging. You should bring the prescription and a doctor's letter. None of these should mention HIV.
 - Be mindful of time-zone changes and medications. Set an alarm or reminder on your phone to help you remember.
- ✈️ Do not disclose your status unnecessarily. It is not anyone else's business but yours. People living with HIV experience stigma in many countries.
- ✈️ Living with HIV is not something that should get in the way of your travel, so take the attitude that your status is not an issue until it is presented as one.

TIPS FOR MINIMISING RISK

- ✈️ Avoid high-risk areas where there is conflict, civil unrest or dangerous weather conditions if possible.
- 🔍 Identify health care facilities and consulates before you leave in the case of an emergency.
- ✈️ Avoid driving or riding motorcycles and mopeds in places with considerably different road rules or poor road conditions.
- 🍷 If you choose to use drugs or alcohol, stay in areas where you feel safe and with people you trust.
- ✈️ Avoid undercooked food and untreated water and ice.
- ✈️ Use hand sanitiser often, especially when handling food.
- ✈️ Clean wounds with antibacterial soap or antiseptic.
- ✈️ Avoid petting stray and wild animals, including cats and dogs, even in areas popular with tourists.
- 🦟 Protect yourself from mosquitos and insects by using repellent with DEET and long clothing.
- 👉 Practise safe sex. Condoms and lube are your best protection against BBVs, STIs and pregnancy.
- ✈️ Get tested before you leave **and** when you get back.

SEEK MEDICAL ATTENTION IF:

- 🩺 You're bitten or scratched by an animal, especially in an area known for rabies.
- 🩺 You have a reaction to a mosquito or insect bite.
- 🩺 You experience persistent diarrhoea, fever, high temperature, or flu-like symptoms.
- 🩺 You have been in an accident that has resulted in an injury that needs medical attention, like cuts, broken bones, sprains, etc.
- 🩺 You have been sexually assaulted.

If a serious accident occurs and you need to have a blood transfusion, ask for the blood screening results beforehand to make sure you receive blood products that are free of HIV and hepatitis.

Consider a free membership with the International Association for Medical Assistance to Travellers (IAMAT) (iamat.org) for access to a network of doctors, hospitals and clinics, and access travel health advice.

POST-TRAVEL HEALTH CHECK

When returning to Australia, reflect on your trip and the health risks you may have experienced. Most diseases picked up while travelling aren't normally serious, but it's important that something serious is caught early.

Consider booking an appointment with your GP, travel health clinic or sexual health clinic.

See a doctor if you have the following symptoms:

- ✚ Fever, persistent vomiting or diarrhoea.
- ✚ Persistent coughing or difficulty breathing.
- ✚ Unexplained skin rashes, itching or discharge.
- ✚ Bleeding from the eyes, ears, mouth, nose or anus.
- ✚ Swollen glands in your neck, armpits or groin.

YOU SHOULD HAVE A POST-TRAVEL HEALTH CHECK IF YOU:

- ✔ Experienced serious illness while travelling.
- ✔ Received medical treatment overseas.
- ✔ Suffer from a chronic illness like diabetes, heart disease or hepatitis.
- ✔ Engaged in unprotected sex or the condom broke.
- ✔ Shared injecting equipment.
- ✔ Were sexually assaulted.
- ✔ Came into contact with someone's bodily fluids.

If you feel unwell after travelling, you should see your doctor. It is important to tell your doctor that you've been overseas, where you went, and what activities you participated in.

TRAVEL HEALTH CLINICS IN WA

You can find a list of travel health clinics around Western Australia at www.waaid.com/travel

Travel Health Plus Fremantle

85 South St, Beaconsfield
08 9336 6630

www.travelhealth.com.au

Travel Health Plus Nedlands

2/141 Stirling Hwy, Nedlands
08 9336 6630

www.travelhealth.com.au

Travel Medicine Centre Perth

5 Mill St, Perth
08 9321 7888

www.travelmed.com.au

Capstone Travel Health

69 Grantham St, Wembley
08 9284 0452

www.capstonehealth.com.au

Travel Doctor - TMVC Perth

Shop 9, 50 St Georges Tce, Perth
08 6467 0900

www.traveldoctor.com.au

SEXUAL HEALTH CLINICS IN WA

You can find a list of sexual health clinic around Western Australia at www.waaid.com/testing

SHQ (*Sexual Health Quarters*)

70 Roe St, Northbridge
08 9227 6177

www.shq.org.au

Royal Perth Hospital Sexual Health Clinic

L4, Ainslie House, 48 Murray St, Perth
08 9224 2178

South Terrace Clinic

A Block, Fremantle Hospital, Fremantle
08 9431 2149

M Clinic (*for men who have sex with men*)

548 Newcastle St, West Perth
08 9227 0734

www.mclinic.org.au

EMERGENCY CONTACTS

If you or a companion are seriously sick and in need of medical care, or are the victim of a serious crime while overseas:

- ✈ Contact or visit your nearest Australian embassy or consulate for support and assistance.
- ✈ If you call outside working hours, follow the prompts to connect with the Consular Emergency Centre (CEC). You can also directly contact the CEC on **+612 6261 3305**.

The Consular Emergency Centre provides urgent assistance 24/7 to Australians in distress overseas. They can:

- ✓ Provide a list of local doctors, hospitals and services.
- ✓ Assist your emergency evacuation.
- ✓ Contact the nearest Australian embassy or consulate to provide direct assistance.
- ✓ Connect you to a counsellor.

COUNSELLING SERVICES

If you need counselling services while overseas, you can contact the Consular Emergency Centre on **+612 6261 3305** to be transferred to a Lifeline telephone crisis supporter.

IN CASE OF AN EMERGENCY

In the unlikely case of an emergency, my personal details, insurance information and emergency contacts are listed below:

Full Name: _____

Date of Birth: _____

Citizenship: _____

Allergies: _____

Existing Medical Conditions: _____

Insurance Name: _____

Policy Number: _____

EMERGENCY CONTACT

Name: _____

Relationship: _____

Contact Details: _____

NEXT OF KIN

Same as Emergency Contact

Name: _____

Relationship: _____

Contact Details: _____

WA AIDS Council

664 Murray Street, West Perth, WA

P: 08 9482 0000

AIDSline: 08 9482 0004

W: www.waids.com



Western Australian
AIDS COUNCIL

Produced by the WA AIDS Council 2019