

商務旅行者

Business Traveller



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現時商務旅行與日俱增。前往外地本是一項令人賞心的樂事，但同時也有其潛在的危機。準備不足的商務旅行者或會碰上一些可避免的身心健康問題，因而影響了其工作表現。在身體方面的健康問題有生理時差、失眠、傳染病、意外和精神緊張。

安排於酒店住宿的短線行程通常不會有什麼大問題。但是孤單感、陌生感和人生路不熟的環境常會導至放浪、酗酒和性放縱。商務旅行者應對此保持警覺性或至少作出一些適當的預防措施 (例如使用安全套)，以預防愛滋病或其他性病。

起行前

- 商務旅行者於起行前需早作計劃。
- 向你的家庭醫生作出諮詢，例如：
 - 需要接種的預防針：有些預防針的注射程序可能需時數星期，所以應早作準備。
 - 預防瘧疾的措施：請查詢關於預防瘧疾的藥物。避免被蚊蟲所咬是最基本及重要的預防措施，其中包括使用驅蚊劑、蚊帳，和日落後留在室內。
- 帶備適當的個人保護用品，例如太陽油、驅蚊劑和裝有敷紮用品、淨水丸、止瀉藥、退燒藥和安全套等的急救箱。
- 旅遊保險範圍需要包括緊急運送服務。

行程中

- 生理時差常會發生於短時間內飛越多個時區的旅行者身上。減低生理時差的方法有：
 - 於上機前、航程中和下機後常飲水。
 - 避免飲用含酒精的飲品、咖啡和茶。
 - 預留充足的休息時間用以適應當地的時間規律。
- 應保持對飲食衛生習慣的警覺。只食用已煮沸的水或瓶裝的飲品和煮熟的食物。

- 避免酗酒，以免迷失本性。
- 避免與陌生人發生逢場作興的性關係，不要召妓。
- 實踐安全性行為，正確使用安全套。
- 於短時間內飛越多個時區後，避免於剛剛抵步時便作出重要的決定或駕車等。

回程後

- 回程後如有發熱、腹瀉、嘔吐或出現紅斑，請盡早約見醫生和告知你所到訪過的地方。

Business Traveller

Business travel is increasingly common. Travel abroad can be interesting and rewarding but poses its own challenges and problems. Business travellers run the risk of preventable ill-health whilst abroad if ill-prepared. This can take the form of physical or mental ill-health, either of which will affect their ability to carry out their jobs effectively. Physical ailments include jet lag, insomnia, infections, accidents and stress.

Short hotel-based trips rarely cause problems. Loneliness and being in a strange, foreign place can lead to over-indulgence in, amongst other things, alcohol and uncharacteristic sexual behaviour. Travellers should be aware of these tendencies and keep them in check or at the very least, take appropriate precautions (i.e. use condoms) to prevent contracting AIDS or other sexually-transmitted diseases.

Before the trip

- The business traveller should plan his trip well in advance.
- Consult your family doctor and enquire about the following issues.
 - Relevant and necessary vaccinations : Some schedules require several weeks for completion, so plan ahead.
 - Anti-malarial measures : Ask about appropriate anti-malarial medication. Prevention against mosquito bites is of prime and

potential life-saving importance. This includes anti-mosquito spray, mosquito-netting, staying indoors after sundown.

- Personal effects: bring along as appropriate sun screen, insect-repellents, first-aid kit which may include such items as dressings, water purification tablets, anti-diarrhoeal tablets, anti- pyretics, and condoms.
- Appropriate insurance cover, which should include emergency repatriation.

During the trip

- Jet lag is a common complaint and occurs when a traveller crosses many time zones over a short period of time. It may be minimized by :
 - Drinking plenty of water before, during and after the flight.
 - Avoiding alcohol and beverages such as coffee and tea.
 - Allowing time for rest and to adjust to the local time zone.
- Be vigilant on food and water hygiene. Always drink boiled or bottled water and eat properly prepared cooked foods.
- Avoid excessive intake of alcohol which may loosen your self-control.
- Avoid casual sex with strangers and commercial sex workers.
- Practise safe sex. Use condoms correctly.
- After crossing many time zones within a short time, avoid making important decisions, driving immediately on arrival.

After the trip

- If you have any symptoms like fever, diarrhoea, vomiting or skin rash, see your doctor as soon as possible and mention the places that you have visited.

