



Avoiding a Traveller's Nightmare

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Worldwide reach Human touch



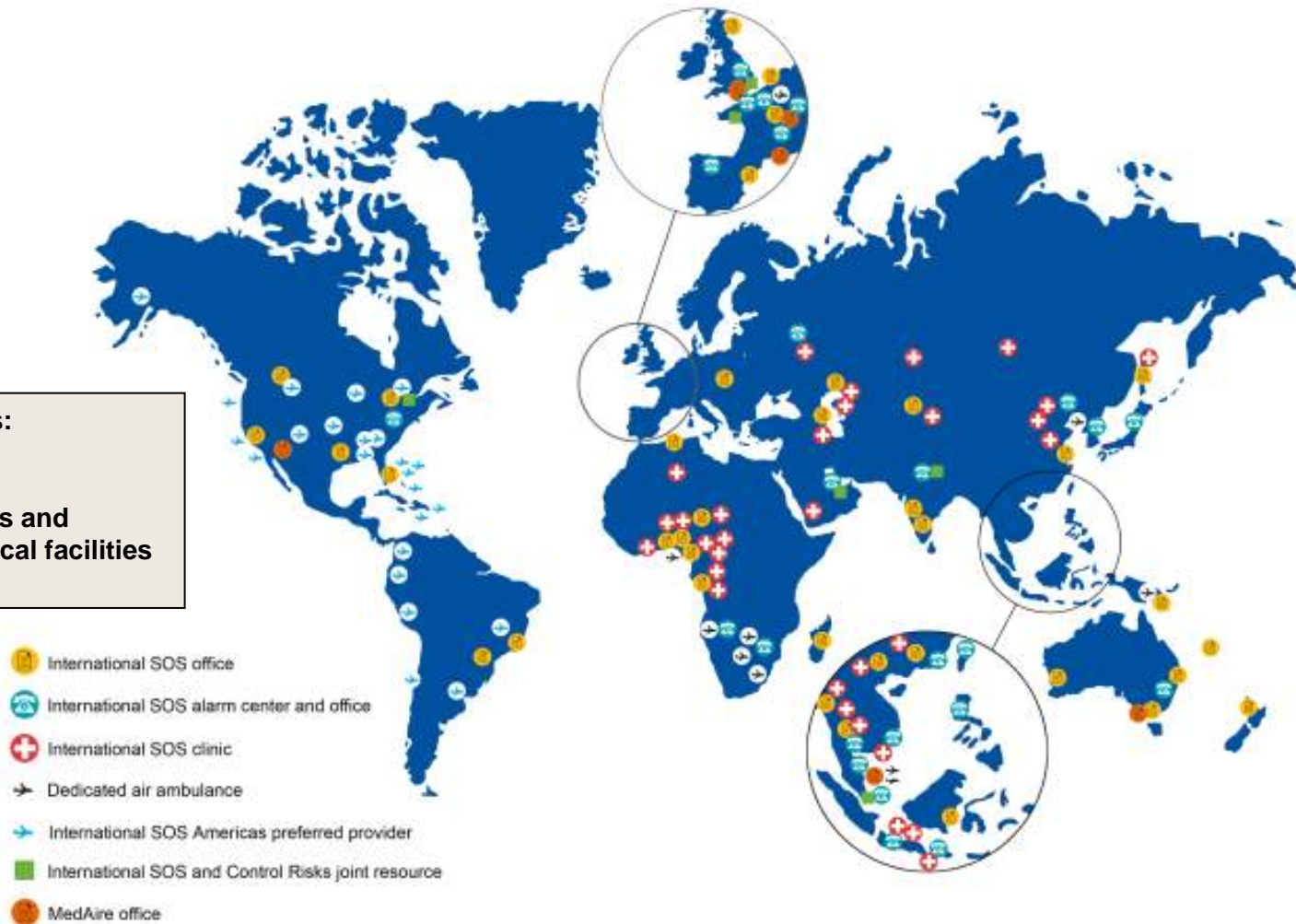
International SOS

- The world's leading international healthcare, medical assistance, and security services company.
- We provide integrated medical, clinical, and security solutions to organizations with international operations. Services include planning and preventative programs, in-country expertise, and emergency response.
- Our global team of 8,000 employees led by 1,200 full-time physicians and 200 security specialists provides health and security support to enable our members to operate wherever they work or travel.
- We serve over 9,200 clients worldwide (multi-nationals, governments and NGOs) including 88% of the Global Fortune 100 and 66% of the Fortune Global 500 companies.



Our worldwide reach

International SOS has:
68 offices,
26 alarm centers,
32 international clinics and
over 500 remote medical facilities
across 5 continents.



Map not to scale

Worldwide reach Human touch

Nightmare to the Traveler

- **Falling sick during travel**
 - **Remote Places**
 - **Middle of Night**
 - **Minus 10 degrees Outside**
 - **Coach leaving in 2 hours time**
- **Run out of Medications**
- **Injuries from Accidents**
- **Disasters**
- **Security Related Incidents**

Strategy....

☉ Pre-Travel

- **Medical & Security Advisory**
- **Medical Screening & Top-up Medications**
- **Vaccination & Chemoprophylaxis**
- **Considerations for children & elderly**
- **Good Travel Insurance Policy**

☉ Travel

- **Medical Kit**
- **Reliable Assistance Company**

Common Travel Illnesses

Common Travel Illness

- **Gastrointestinal Disease**
- **Upper Respiratory Tract Infection**
- **Motion Sickness**
- **Animal Bites and Insect Stings**
- **Jet-Lag & Fatigue**
- **Musculo-skeletal Strains**
- **Dental problem**

Gastrointestinal

● **Traveler's Diarrhea**

- Not used to water
- Not used to food (Oily, Spicy, Local Herbs)
- Improved over time
- Symptomatic Treatment

● **Infective Diarrhea**

- a/w Fever, Blood in Stools
- Severe abdominal colic
- Affect more people
- Not likely to improve without treatment
- Use of Antibiotics



Drinking water



Raw cockle



Oil & Spicy Food

Gastrointestinal

- **Self Medication**
 - Hydration with Water, ORS
 - Avoid Milk, Spicy & Oily Food
 - Charcoal, Immodium, Buscopan
- **When to seek Medical Assistance**
 - Unable to Replace Water Orally
 - Associated with Fever, Blood in Stools
 - Ciprofloxacin (Single Dose)
 - IV Hydration and IV Antibiotics



Upper Respiratory Tract Infection

- **Sinusitis**
- **Acute Otitis Media**
- **Pharyngitis**
- **Tonsillitis**

- **Cough, Sore Throat, Blocked Nose**
- **Ear Pain, Fever, Yellow-Greenish Phlegm**

Upper Respiratory Tract Infection

● **Self Medications**

- **Anti-Pyretics (Paracetamol, Ibuprofen)**
- **Anti-Histamine (Loratidine, Piriton)**
- **Decongestion (Clarinase, Afrin)**
- **Throat Gargle**
- **Hydration**
- **** Antibiotics** (Augmentin, Ciprobay, Klacid)**

● **When to See Doctor**

- **Shortness of Breath**
- **Difficulty in Swallowing**
- **Fever cannot be control**
- **Coloured Phlegm**
- **Babies / Children with history of Febrile Fits, Asthma**

Motion Sickness

● **Disturbances of Inner Ear (Vestibular) by repeated motions**

- **Swell of Sea**
- **Car Motion (Winding Road)**
- **Aircraft Turbulence**

Motion Sickness

● Prevention

- Able to see motion where body and ears sense
 - In car, sit in front and look at distant scenery
 - In boat, go up to deck and look at horizon
 - In airplane, window seat and look out of windows and if possible locate wing seats (minimal movement)
- Avoid “Reading”
- Avoid “Sitting Facing Backwards”
- Avoid strong odors, spicy / Oily Food prior to journey
- Prophylactic Medication (Stemetil, Dramamine, Scopolamine Patch)

Animal Bites and Stings



What's Wrong?

Animal Bites and Stings



Monkey Bites



Bee Sting

Dog Bites



Pre-Existing Diseases

Pre-Existing Diseases

- Hypertension
- Diabetes Mellitus
- Peptic Ulcer Disease
- Gouty Arthritis
- Asthma
- Chronic Obstructive Lung Disorder
- Coronary Heart Disease
- Hyper Lipidemia / Cholesterolemia
- Others

Medical Checkup before Travel
Sufficient Medication
Pre-Exist Clause

Accidents



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Accidents

Motor Vehicle Accidents

- 2nd most common diagnosis RMR
- Most common serious hospital admission among travelers



Accidents

● Activity Accidents

- Slipping in bathroom
- Slipping from coach to ground
- Dangerous Sports (skiing, scuba diving)
- Injuries while Trekking



Acute Medical Emergencies...



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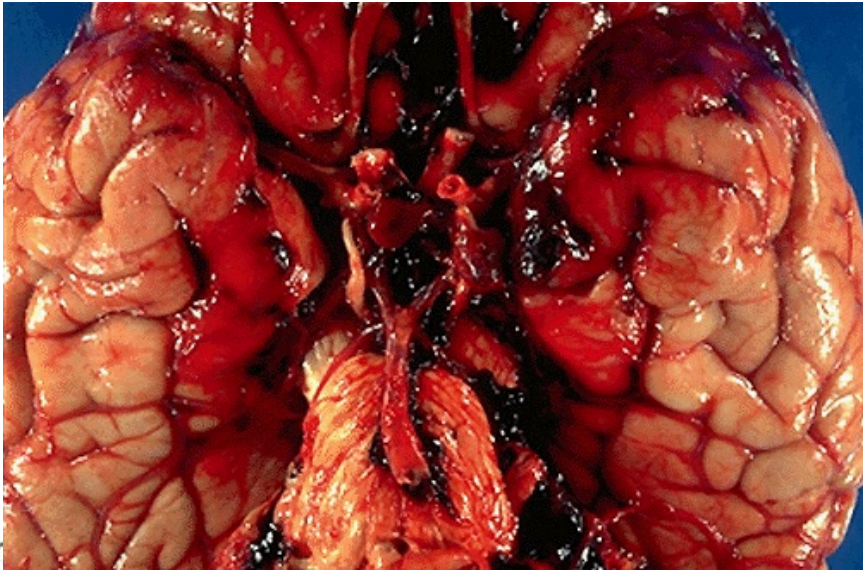
Acute Medical Emergencies...

Acute Appendicitis

Perforated Peptic Ulcer

Acute Coronary Events

Cerebral Vascular Accidents



Security Related Injuries..



Disasters...



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Tsunami



Typhoon



Volcano



Earthquake

How can International SOS help...



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Medical Assistance over Phone



24/7
Doctors Expertise
Language Support
Audited Network of Providers

International SOS Medical Assistance

- **Phone Medical Assistance**
- **Safe Self Medications & Monitoring**
- **Referral of GP Clinics & Specialists**
- **Referral to Hospital for Admissions**
- **Medical Monitoring**
- **Evacuations & Repatriations**

Poor Medical Facilities....



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Questions?