

Medical Advice for East African Safari Classic Rally 2019

Confidential Medical Information

Please find attached a medical form to be completed for the East African Safari Classic Rally.

This will be treated in strict confidence and will only be used in the event of accident or injury when appropriate details may be released to another doctor or EASR 2019 Senior Official if necessary.

If you wish to discuss anything or have any problems please contact Dr Harj Chaggar by e-mail.

Physical and psychological health

Your physical and psychological health will be challenged before, during and after the rally. You must be medically well prior to the start. Endurance and stamina must be acquired by taking physical exercise at least two or three times a week.

Before the start

Vaccinations:

Details available at <https://travelhealthpro.org.uk/country/117/kenya>

Compulsory vaccination:	Yellow fever.
Recommended vaccination:	Hepatitis A, Typhoid.

Hepatitis A is on average 10 to 100 times more common than typhoid fever and 1,000 times more common than cholera. Have your vaccination card with you. Do not forget an adequate supply of your regular medication and if you wear spectacles, please bring a spare pair.

Fatigue before the start

Proper psychological and physical preparation is absolutely essential. Preparation for such events can involve working long hours with the associated stress of organisation, finding sponsors, arranging travel etc. Last minute complications to the preparation can cause panic and a loss of sleep. Driving requires constant attention, intuition, anticipation and fast reflexes. When you are tired your driving can become clumsy, imprecise and dangerous...

Psychological preparation

Manage your stress.

Most of the time rallies take place in groups. Fatigue combined with stress can adversely affect relationships between participants. Once home, these problems are soon forgotten but they can spoil things during the race. It is wise to be aware of these stresses and to be well prepared before the start.

Pushing yourself and panic.

Competitive sports often entail the pursuit of personal goals. You need to know your own limits before the start. Anxiety can raise its head at any time. Fear of open spaces exists just like fear of enclosed spaces and crowds, causing a panic attack.

Beware of dehydration

Dehydration can be very dangerous. It can be avoided by preventing diarrhoea and drinking regularly. You should fill your water supplies as early as possible and drink regularly throughout the day.

What you need to know!

There will be changes in temperature between the day and night.

In the tropics 1 traveller in 2 will have some kind of health problem and 1 traveller in 3 will get diarrhoea (see first-aid kit).

Malaria prevention is very important.

Malaria carrying mosquitoes bite almost exclusively between sunset and sunrise (maximum activity between 10 pm and 4 am). The best way to prevent malaria is to limit the risk of being bitten (mosquito nets, long clothing, and repellents).

Anti-malaria (Malarone): one tablet per day starting the day before you arrive in the risk area. Stop the treatment seven days after you return.

Continue taking Mefloquine for four weeks after leaving the risk area.

'Malaria information is advisory only and you should consult your own doctor for advice before taking any medication'.

Hygiene, food, dehydration

Diarrhoea is hardly ever due to chance or bad luck but rather the result of a serious disregard for food/basic hygiene rules. Gastroenteritis is often contracted by infection and is a transmissible disease. Do not share water bottles. Hygiene / washing your hands are a minimum requirement before eating.

Unless you are in a reputable hotel, as our rest halts are, you should not eat or drink:

- Raw fruit or vegetables
- Water or ice (except for mineral water in sealed bottles. Ice in Hotels is not from mineral water)

To avoid dehydration the only advice is drink... so please drink regularly. Rehydration salts are effective. In the morning have breakfast with about half a litre of drink (water, coffee, tea, fruit juice). During the day, drink regularly and eat "rations" especially designed to maintain your body's water and energy balance.

Prepare a travel first-aid kit

Plasters and individual hypo-allergenic sterile dressings

Elastoplasts

Sterile compresses/dressings

Antiseptic (Chlorhexidine)

Analgesic, antipyretic (Paracetamol)

Anti-diarrhoea (Imodium)

Eyewash

My contacts for more information and advice prior to the EASR 2019 are:

Dr Harjinder Chaggar

Emergency Medicine and Trauma Specialist

Medical Director EASR

E-mail drharjchaggar@hotmail.co.uk



The 9th East African Safari Classic Rally
November 27 - December 6, 2019

CONFIDENTIAL MEDICAL INFORMATION

For your own benefit please complete all sections in black ink, deleting as appropriate and giving as much detail as possible. Please write or type clearly.

This will be treated in strict confidence and will only be used in the event of accident or injury when appropriate details may be released to another doctor or EASR 2019 Senior Official if necessary.

If you wish to discuss anything or have any problems please contact Dr Harj Chaggar

E-mail the form to:

Dr Harj Chaggar
E-mail drharjchaggar@hotmail.co.uk

EAST AFRICAN SAFARI CLASSIC RALLY 2019 MEDICAL INFORMATION SHEET

Car Number

DETAILS OF DRIVER / NAVIGATOR / TEAM MEMBER / OFFICIAL (delete as necessary)

SURNAME	
FORENAMES (in full)	
TELEPHONE NUMBERS	WORK:
HOME:	MOBILE:

NEXT OF KIN (to be contacted in case of accidents)

NAME (in full)	
RELATIONSHIP TO ABOVE	
TELEPHONE NUMBERS	WORK:
HOME:	MOBILE:

TEAM MANAGER or EMERGENCY CONTACT (responsible person during EASR)

NAME	
TELEPHONE NUMBERS	WORK:
HOME:	MOBILE:



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DRIVER / NAVIGATOR / TEAM MEMBER / OFFICIAL INFORMATION

WEIGHT / HEIGHT	kg/st.lb	cm/ft.in
BLOOD GROUP (if known)		
MEDICAL CONDITIONS?		

DO YOU WEAR CONTACT LENSES?	YES / NO
If so are they hard or soft?	

DO YOU SMOKE?	YES / NO
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DO YOU TAKE ANY DRUGS PRESCRIBED BY YOUR DOCTOR?	YES / NO
If so please list	

ARE YOU ALLERGIC TO ANYTHING (e.g. PENICILLIN/IODINE)?	YES / NO
If so please list	

HAVE YOU HAD ANY ANAESTHETIC PROBLEMS?	YES / NO
If there were please state what	

DO YOU HAVE ANY NECK/BACK PROBLEMS OR HAD ANY NECK/BACK INJURIES?	YES / NO
If so please list	

HAVE YOU HAD AN ANTI-TETANUS INJECTION?	YES / NO
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Medical Declaration:

I understand that the above information will remain confidential and only be released to another doctor or EASR 2019 Senior Official if considered necessary. I also agree to information from another doctor / hospital being released to Dr Harj Chaggar in the event of an accident or injury.

Signature:

Date: