

Many women may travel during pregnancy for work, recreation and visiting friends and relatives. In general, the second trimester is the safest and most comfortable time to travel. The chance of





## Destinations

Some destinations are more suitable than others for travel when pregnant. Consider any environmental risks and research what prenatal services are available in the area that you wish to travel to.

As pregnancy progresses you may not tolerate high humidity, extreme heat, high altitude and high levels of air pollution, which may limit your ability to travel. This may be made worse if you suffer from chronic medical conditions such as asthma or (chronic) anaemia.

If a concern does arise, transport in and out of islands and remote areas may be difficult. Check that your travel insurance will cover any necessary medical care and evacuation expenses.

In general, it is advisable to delay travel to developing nations until after pregnancy. You should consider not only vaccinations suggested for your

