



## TYPES OF HOLIDAY ILLNESSES

Whilst on **holiday** many different **contractable illnesses** exist, the list below contains the **most common**. This list is by no means exhaustive and if you have suffered from an illness caused whilst on holiday which is listed or otherwise you should **seek legal advice** (call: 0870 855 1300) as you could have a potential **compensation claim**.

Types of illnesses include:

- ① Food Poisoning
- ① Legionnaires Disease
- ① Salmonella
- ① E-coli
- ① Shigellosis
- ① Gastroenteritis
- ① Cryptosporidium



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Illness	Details
<p><b>Food Poisoning</b></p>	<p>Should <b>you</b> or <b>members</b> of your <b>group</b> fall <b>ill</b> due to <b>food poisoning</b> whilst staying at a resort or on board a cruise ship booked through a <b>Tour Operator</b>, then you could have a potential <b>compensation claim</b>.</p> <p>You can take <b>group action</b> against the Tour Operator under English jurisdiction if <b>more than one</b> holidaymaker fell ill.</p>
<p><b>Legionnaires Disease</b></p>	<p>If you received a <b>diagnosis</b> of <b>Legionnaire's disease</b> whilst on holiday, then you could have a potential <b>compensation claim</b>.</p> <p>Legionnaire's disease is most <b>commonly found</b> in <b>hotels</b> and other <b>buildings</b> with <b>ventilation systems</b>, and as a result more often than not holidaymakers contract the illness.</p> <p><b>What are the symptoms of Legionnaire's disease?</b></p> <p>Legionnaire's disease is a form of <b>severe pneumonia</b> that causes <b>symptoms</b> such as:</p> <ul style="list-style-type: none"> <li>③ headaches</li> <li>③ tiredness</li> <li>③ aching muscles</li> <li>③ fever</li> <li>③ weight loss, and in some cases</li> <li>③ mental confusion and disorientation can also occur</li> </ul> <p>Those particularly <b>at risk</b> include the <b>over 50s</b> and people who <b>smoke</b> or have <b>chest problems</b>.</p> <p><b>What causes Legionnaire's disease?</b></p> <p>The <b>causes</b> of Legionnaire's disease include people <b>breathing in legionella bacteria</b>, which <b>live in water droplets</b> carried in the <b>air</b>. Large numbers of legionella bacteria can <b>multiply quickly</b> in containers of <b>standing water</b>, eg used in some air conditioning and industrial cooling units. <b>Hotels that do not change the water in their air conditioning units on a daily basis risk an outbreak of Legionnaire's disease</b>.</p>

Illness	Details
<p><b>Salmonella</b></p>	<p>If you have contracted <b>Salmonella</b> whilst on holiday, then you could have a potential <b>compensation claim</b>.</p> <p><b>Salmonella</b> is a <b>bacterium</b> which is one of the most common causes of <b>food poisoning</b> world-wide and often found in <b>poultry, eggs, unprocessed milk, meat and water</b>. <b>Pets</b> (eg turtles, birds) can <b>also carry the bacteria</b>.</p> <p><b>Transmission</b> of the bacteria causing Salmonella occurs by <b>cross contamination of food</b> caused by <b>poor hygiene</b> and catering practices, or by <b>contamination from infected faeces</b>.</p> <p>After consumption of contaminated food, <b>symptoms</b> usually occur within <b>12-36 hours</b>.</p> <p><b>What are the symptoms of Salmonella?</b></p> <p>Symptoms include:</p> <ul style="list-style-type: none"> <li>① diarrhoea</li> <li>① stomach cramps</li> <li>① nausea</li> <li>① vomiting, and</li> <li>① fever</li> </ul> <p>usually continuing for about 7 days.</p> <p>In some cases, <b>hospitalisation</b> for <b>re-hydration</b> is required due to the <b>severity</b> of the <b>diarrhoea</b>. In rare cases (particularly in the <b>elderly</b> or the <b>very young</b>) infection may <b>result</b> in <b>very severe illness</b> or even <b>death</b>.</p> <p><b>Diagnosis and Treatment</b></p> <p><b>Diagnosis</b> of infection is often made through <b>laboratory testing</b> of a <b>stool sample</b>. Most people <b>recover completely</b>, but a small number go on to develop joint pain, irritation of the eyes and painful urination known as Reiter's Syndrome leading to chronic arthritis. <b>Treatment</b> is often with <b>antibiotics</b>.</p>

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<p><b>E-coli</b></p>	<p>If you have contracted <b>E-coli</b> whilst on holiday, you could have a potential <b>compensation claim</b>.</p> <p>E-coli is a <b>bacterial infection</b> caused by one of many strains of the bacterium Escherichia coli. The bacteria <b>lives in the intestines</b> of health humans and is often harmless, but, different strains of E-coli exist around the world, so when you travel abroad you can get re-colonised by the local strain, causing a slight stomach upset.</p> <p>E-coli is <b>transmitted via the faecal - oral route</b>, often due to <b>poor hygiene</b> standards. For example, in <b>undercooked food</b> such as beef or beef products, or by drinking <b>un-pasteurised milk</b>.</p> <p><b>What are the symptoms of E-coli?</b></p> <p>Symptoms include severe:</p> <ul style="list-style-type: none"> <li>③ bloody diarrhoea</li> <li>③ vomiting</li> <li>③ abdominal pain and</li> <li>③ flu-like symptoms</li> </ul> <p>these usually resolve within 5-10 days, but can lead to <b>long term symptoms</b> including kidney damage, paralysis, blindness, and in extreme cases, fatalities can occur.</p>
<p><b>Shigellosis</b></p>	<p>If you have contracted <b>Shigellosis</b> whilst on holiday, you could have a potential <b>compensation claim</b>.</p> <p>The <b>infection passes</b> by the <b>faecal-oral route</b> from <b>eating contaminated food or drinking contaminated water</b>. You can catch Shigellosis from another person with the illness. The infective dose is small, <b>spreading easily</b> between people. Often associated with <b>poor personal hygiene, inadequate toilet facilities, flies and sewage-contaminated food and water</b>.</p> <p><b>What are the symptoms?</b></p> <p>Symptoms include:</p> <ul style="list-style-type: none"> <li>③ abdominal pain</li> <li>③ fever and</li> </ul>

Illness	Details
	<ul style="list-style-type: none"> <li>① watery diarrhoea, which can have blood or slime in it</li> </ul> <p>incubation often lasts 1-3 days, but can last up to 7.</p>
<h3>Gastroenteritis</h3>	<p>If you have contracted <b>Gastroenteritis</b> whilst on holiday, you could have a potential <b>compensation claim</b>.</p> <p>Gastroenteritis is a general medical term used to describe <b>any illness</b> which involves:</p> <ul style="list-style-type: none"> <li>① diarrhoea</li> <li>① vomiting</li> <li>① abdominal pain etc</li> </ul>
<h3>Cryptosporidium</h3>	<p>If you have contracted <b>Cryptosporidium</b> whilst on holiday, you could have a potential <b>compensation claim</b>.</p> <p>It is caused by a <b>parasitic protozoa</b> (single celled animal) called cryptosporidium parvum and is a frequent cause of "<b>traveller's diarrhoea</b>".</p>



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**Nick Harris**  
**Tel: 0808 129 3320**  
**Email: [nick.harris@simpsonmillar.co.uk](mailto:nick.harris@simpsonmillar.co.uk)**