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**TRAVEL ABROAD** 9/20/17 fg

Traveling abroad can be a great time when everything is smooth sailing, but getting sick can turn a dream vacation into a nightmare. The following are some tips to help you have an illness-free vacation abroad.

Before you leave…

Learn about the places you’re going from a good source. Helpful websites are:

<http://wwwnc.cdc.gov/travel/> (U.S.) and <http://travel.gc.ca/> (Canada).

Do you need to prepare for illnesses such as malaria or traveler’s diarrhea?

Do you need to be vaccinated for diseases such as meningitis or yellow fever?

Will you need to know how to prepare for any natural disasters?

Think about your health.

Have you had an illness, injury, or surgery that could be a problem when traveling?

Do you have a special need such as a disability, pregnancy, or weak immune system that might

require special consideration when traveling?

Are you up-to-date on your vaccines?

See a health care provider about six weeks before your trip.

Have the details of your trip ready to share with your provider, including: places you plan to

travel, length of your trip, places you’re staying, and things you’re planning to do.

Bring information about your allergies, medicines, vaccine history, and medical problems.

While you’re traveling…

Wash your hands. Do it before eating, after you cough or sneeze, and after you use the bathroom.

If soap and water are not available, use an alcohol-based sanitizer such as Purell.

Be careful about what you drink. You may need to avoid tap water, fountain drinks, and ice cubes.

Choose bottled or heated beverages such as coffee or hot tea instead.

Be careful about what you eat. Avoid food from street vendors or places that seem unclean.

Avoid raw or undercooked meat or seafood. Avoid raw fruits or vegetables unless you can peel

them before eating.

Protect yourself from sunburn. Use a sunscreen that has UVA and UVB protection.

Protect yourself from bug bites. Use an insect repellent with DEET or picaridin.

Wear long sleeves and long pants if you’re outside at night in an area with malaria.

Consider using a repellent with permethrin on clothes for extra protection.

Avoid animal bites. Don’t handle or pet animals, even dogs and cats.

Avoid going barefoot. Take extra care in areas where there could be animal waste.

When you get home…

See a health care provider if you’re not feeling well when you return from a trip.

If you took a drug to prevent malaria, keep taking it for as long as your provider prescribed.

Additional travel Instruction Sheets: **ALTITUDE SICKNESS**

**DEEP VEIN THROMBOSIS PREVENTION**

**JET LAG**

**MOSQUITO-BORNE ILLNESS**

**MOTION SICKNESS**

**TRAVELER’S DIARRHEA**