

Bon Voyage! Tips for healthy travel



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Whether you plan to travel to the tropics or hit the slopes at a snowy resort, don't forget to plan for your health! While every destination is different, these tips can help you plan for a safe and healthy trip.

Learn about your destination

Visit the CDC travel health website at www.cdc.gov/travel to learn of any health risks or travel warnings in effect in the country you're planning to visit. It is also important to understand the laws and culture of the places you will be visiting. You can learn about countries by using many different resources such as websites, guidebooks, and other media.

Think about your health status

No one wants to miss or postpone a trip, but there are times when staying home might be best for health reasons. Have you had any recent illnesses, injuries, or surgeries? Do you have any special health needs, due to disability, pregnancy or a compromised immune system? Take these questions into consideration before you leave home.

See your doctor

The best time to see your doctor is 4-6 weeks before traveling. If it is less than 4 weeks before you leave, you should still see your doctor. You might still benefit from shots or medications and information about how to protect yourself from illness and injury while traveling.

Pack Smart

If you're traveling abroad, it is important to bring copies of your passport and travel documents. Place a copy of your passport and travel documents in each piece of luggage, in case you lose the original documents. Don't forget to leave a copy with a friend or relative at home.

A travel health kit can help make your trip a safe and healthy one.

What to include in your Travel Health Kit:

- Prescribed medicine
- Over-the-counter medicine
 - Anti-diarrheal medication
 - Antihistamine
 - Decongestant
 - Anti-motion sickness medication
 - Medicine for pain or fever
 - Mild laxative
 - Cough suppressant/expectorant
 - Cough drops
 - Antacid
 - Antifungal and antibacterial ointments or creams
 - 1% hydrocortisone cream
- First aid supplies
 - First aid quick reference card
 - Basic first-aid items (bandages, gauze, Ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)
 - Moleskin for blisters
 - Aloe gel for sunburns
 - Digital thermometer
 - Oral rehydration solution packets
- Sunscreen (SPF 15 or above)
- Insect repellent
- Alcohol-based hand sanitizer
- Health insurance card and copies of claim forms

If you are traveling with prescription medications, bring a copy of your prescription. Pack a note on letterhead stationery from the prescribing physician if you are bringing controlled substances and injectable medications.

Plan ahead for illness or injury

Check your health insurance plan to see if they will cover your health needs abroad. Think about purchasing additional health insurance for your trip if your health insurance does not cover you while you are traveling. Pay attention to your health during your trip, and see a doctor if you are injured or feel ill.

For More Information
Visit <http://www.cdc.gov/travel>
Call 1-800-CDC-INFO