

TRAVEL TIPS FOR GETTING AROUND SAFELY

GENERAL TIPS

- **Always** wear close toe shoes.
- Don't swim in fresh water.
- Avoid overcrowded areas and public vehicles.
- Avoid traveling by road after dark.
- Wear a seat belt.
- **Remember** to take along some sunscreen with a sun protection factor (SPF) of 15 or greater, and apply it frequently. A higher SPF is recommended for children over 6 months of age.
- Wear sunglasses, hats and other protective items when possible.
- Drink plenty of fluids, and **remember** to drink **only bottled water when available**.
- Avoid alcohol and beverages containing caffeine.

TIPS FOR HIGH ALTITUDES

- Make your ascent gradually, breaking the trip into one or two days when possible.
- Increase fluids; don't overexert.
- There are medications your private physician can prescribe if needed.

TIPS FOR JET LAG

Some symptoms include fatigue, insomnia, decreased appetite and headache.

- Try to break up the trip with one day of rest for every six time zones crossed.

TIPS FOR LONG AIR FLIGHTS

- When taking long air trips, frequently move about the cabin when it is safe to do so.
- Persons with a history of blood clots or persons taking blood thinners are more prone to have problems in this area.
- Exercise safely within the plane. Support hose are recommended.

TIPS FOR MOTION SICKNESS

This can be a real problem for some people.

- When using mass transportation, follow these tips:
 - **Bus** – try to sit near a window in the front of the vehicle,
 - **Plane** – choose a seat over the wings,
 - **Boat** – sit mid-ship.
- Over the counter medication is available, so take some with you.

MEDICAL ADVICE

IMMUNIZATIONS

There are many diseases in the United States and other countries that can be prevented by immunizations.

Almost all of them **require a certain time period to build up antibodies**. This means the traveler must **plan ahead** and get shots **up to 6 weeks prior to leaving**.

Call the **Travel Clinic** located at your local health department for pre-travel counseling. (See the back of this brochure.)

TIPS FOR EATING & DRINKING

Travelers Diarrhea is acquired from contaminated food and water. The most important measure is careful attention to food and drink. Also, some over the counter anti-diarrheal medications and/or prescriptions from your physician could prove helpful.

Only eat foods that are hot and well cooked. Do NOT eat:

- Raw seafood or rare meat
- Salads or raw vegetables
- Leftovers
- Fruit that can't be peeled
- Watermelon

Only drink sealed, bottled water. Do NOT drink:

- Dairy products (unless pasteurized)

Do NOT use:

- Ice cubes

TIPS FOR INSECTS

Many countries in Central and South America, Africa and Asia have diseases such as malaria caused by insects. You may need to take an insect repellent containing 20-50% DEET with you. You may also need a prescription for anti-malarial medication from your physician.

TIPS FOR SAFE HYGIENE

- Brush your teeth with **bottled water**.
- Turn your back to the shower to prevent drinking the water.
- **Wash your hands often! Use hand wipes or waterless hand cleaner. Do not use running water.**

TUBERCULOSIS INFORMATION

There are a large number of countries where tuberculosis is a major problem. If you are traveling to one or more of these countries, you will need to have a baseline PPD (TB test) prior to leaving and one done **3 months or more after your return to the US**.

There is no vaccine against TB, but the disease is treatable.