



10 Guidelines for Travel

1. Always seek pre-travel advice before an international trip. Even if you've traveled to the destination previously, be aware that prevailing health conditions change rapidly.
2. Take your malaria chemoprophylaxis as prescribed. Take the first one or two doses before leaving home, if an adverse drug reaction occurs, an alternative regimen can be prescribed. Follow your prescribed regimen faithfully during and for four weeks after your trip.
3. Take personal precautions against insects during travel. Many insect-transmitted diseases are not preventable by vaccine or drugs.
4. Assemble a traveler's medical kit appropriate for your destination, length of trip, and general health. Your physician can advise you on specific items to include.
5. Be prepared to purify your own supply of drinking water if bottles or boiled beverages are not readily available. Remember that ice cubes in beverages are a potential source of contamination.
6. Take appropriate dietary precautions. Avoid raw or uncooked foods, especially meat, seafood, and salads. Also avoid food sold by street vendors. Be sure that milk, cheese, and other dairy products have been pasteurized. Select fruits and vegetables with thick skins that you can peel yourself. (Oranges, grapefruit, bananas, mangos, papayas, avocados.)
7. Do not walk barefoot outdoors, except at poolside or the beach. Wearing appropriate foot gear can prevent infection from parasites, fungi, insect bites (chiggers, ticks, sandfleas), and other injuries (snakebite, cuts, puncture wounds).
8. Do not swim, bathe, or wade in fresh water streams, rivers, or lakes in areas endemic for schistosomiasis. If accidental immersion in a high-risk area occurs, rapidly towel-dry wet skin to decrease chances of infection.
9. Avoid exposure to potentially contaminated body fluids. Diabetics and other individuals at high risk should carry a personal supply of needles and syringes. Defer elective procedures such as tattoos, ear piercing, and acupuncture. Do not engage in illicit intravenous drug use (which has considerable health risks and legal consequences at home as well as abroad). Follow safe sex guidelines and recognize that the safest behavior is avoiding intimate contact with strangers. Devise a contingency plan for emergency medical care during travel in the event of accidental injury or serious illness.
10. Protect yourself from accidental injury due to motor vehicle transportation (a leading cause of morbidity in travelers). Avoid riding motorcycles, alcohol consumption when driving, and travel in (riding in) overcrowded public vehicles (buses, trucks, taxis); request rental cars with seatbelts when available.

ADDITIONAL RESOURCES

- Centers for Disease Control and Prevention: wwwnc.cdc.gov/travel
- Travel Health Online: www.tripprep.com



Your Survival Guide to Safe and Healthy Travel

Every year more and more Americans are traveling internationally — for vacation, business, and volunteerism, and to visit friends and family. Whatever your reason for traveling, the information on this page will help you to be Proactive, Prepared, and Protected when it comes to your health—and the health of others—while you are traveling.

BE PROACTIVE!

Take steps to anticipate any issues that could arise during your trip. The information in this section will help you plan for a safe and healthy trip.

- Learn about your destination: wwwnc.cdc.gov/travel/page/learn-about-destination.htm.
- See a doctor before you travel: wwwnc.cdc.gov/travel/page/see-doctor.htm.
- Think about your health status: wwwnc.cdc.gov/travel/page/health-status.htm.
 - Are you too sick to travel? (Recent illnesses, injuries, or surgeries)
 - Do you have any special health needs? (Babies and small children, pregnant women, people with disabilities, people with weakened immune systems)



BE PREPARED!

No one wants to think about getting sick or hurt during a trip, but sometimes these things happen. You may not be able to prevent every illness or injury, but you can plan ahead to be able to deal with them.

- Pack smart: wwwnc.cdc.gov/travel/page/pack-smart.htm.
- Plan ahead for illnesses or injuries during your trip: wwwnc.cdc.gov/travel/page/plan-ahead.htm.
- Know what to do if you become sick or injured on your trip: wwwnc.cdc.gov/travel/page/sick-during-trip.htm.
- Know and share important information about your trip: wwwnc.cdc.gov/travel/page/important-info.htm.

BE PROTECTED!

It is important to practice healthy behaviors during your trip and after you return home. This section outlines how you can protect yourself and others from illness during your trip.

- Pay attention to your health during your trip: wwwnc.cdc.gov/travel/page/health-during-trip.htm.
 - Use sunscreen and insect repellent as directed.
 - Be careful about food and water.
 - Try not to take risks with your health and safety.
 - Limit alcohol intake, and do not drink alcohol and drive.
 - Wear a seatbelt.
 - Wear protective gear when doing adventure activities.
 - Respect your host country and its people by following local laws and customs.
- Pay attention to your health when you come home: wwwnc.cdc.gov/travel/page/after-trip.htm.

