Healthy Travel Tips

Whether you are traveling internationally or domestically this summer, you should keep the three P’s in mind: Be Proactive, Prepared and Protected when it comes to your health and safety. Here are some more tips from the U.S. Centers for Disease Control and Prevention for safe and healthy travel:

Be Proactive
Take steps to anticipate any issues that may arise during your trip by:
• Learning about your destination and any potentially dangerous conditions there before arriving
• Seeing a doctor to ensure you are healthy enough to travel
• Keeping in mind any special health needs you or your family may have, such as a weakened immune system, when deciding on a destination

Be Prepared
No one wants to think about getting sick or hurt during a trip, but it does happen. While you may not be able to prevent illnesses or injuries, you can plan ahead to be better able to deal with them.
• Make sure friends or relatives at home know about your travel plans
• Pack smart by including a basic first-aid kit in your luggage
• Review your health insurance and what it does and doesn’t cover, especially when traveling abroad
• Make copies of all important travel documents, especially passport, in case of loss or theft

Be Protected
It is important to practice healthy and safe behaviors during your trip.
• Use sunscreen and insect repellent
• Be careful about the sources of your food and water
• Limit alcohol intake, and never drink and drive.
• Never leave your luggage unattended in public areas.
• Do not wear conspicuous clothing and expensive jewelry

Source: U.S. Department of State, Bureau of Consular Affairs