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# 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

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