

TRAVELERS' HEALTH



TRAVEL SAFETY

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Now that COVID restrictions are dying down, are you planning to take some much needed time off? We're here to give you the basic tips for traveling to ensure you are prepared.

PLAN AHEAD

- Contact Public Health to schedule an appointment for vaccine/medication recommendations
- Visit the CDC.gov Travelers's Health website for recommendations and advisories
- Make an appointment with your PCM to ensure you have an adequate supply of prescriptions.

DURING YOUR TRIP

- Eat and drink safely
- Prevent bug bites
- Stay safe outdoors

- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Know how to get medical care while traveling
- Select safe transportation
- Maintain personal security

PREPARE FOR EMERGENCIES

- Keep copies of important documents with someone at home
- Know your emergency contacts information
- Check in with your emergency contact regularly throughout the trip
- Contact local US Embassy, Consulate, or Diplomatic Mission with emergency assistance. They are available 24/7.

Feel free to reach out to Public Health for any questions or concerns about your upcoming trip at 225-5311.

PACK TO PREVENT

- BUG SPRAY
- LONG SLEEVED SHIRTS AND PANTS
- SUNBLOCK
- SANITIZER
- DISINFECTANT WIPES
- MEDICATIONS

