

Travel Health and Safety Information

<https://wwwnc.cdc.gov/travel/page/resources-for-travelers>

EAT AND DRINK SAFELY

- ✓ Ensure all food is well cooked and served hot, especially eggs, meat, and seafood
- ✓ Eat only raw fruits and vegetables that you properly wash and peel yourself
- ✓ Do not eat leftovers, food from street vendors, or unpasteurized dairy products
- ✓ Do not eat “Bushmeat” (monkeys, bats, or other wild game)
- ✓ Drink plenty of fluid to prevent dehydration but consume only drinks made with boiled water (coffee, tea, soup), canned or (sealed) bottled beverages
- ✓ Avoid ice cubes that are not made with bottled or purified water
- ✓ Brush your teeth with bottled or purified water

PREVENT BUG BITES

- ✓ Use appropriate insect repellent (20% or more DEET)
- ✓ Covering exposed skin is a good way to prevent bug bites. In addition, you can apply permethrin to long-sleeved shirts, long pants, hats, footwear, and tents. However, permethrin should **not** be applied directly to the skin.
- ✓ Sleep in air-conditioned or well-screened rooms or use bed nets

STAY SAFE OUTDOORS

- ✓ Eat and drink regularly, wear loose and lightweight clothes, and limit activity in high temperatures
- ✓ Dress in layers and cover heads, hands, and feet properly in colder locations
- ✓ Use sun block (30 SPF or greater) and reapply before going out and after swimming or excessive sweating
- ✓ Swim only in designated swimming areas and do not dive into shallow water
- ✓ Do not swim in freshwater in developing areas or where sanitation is poor
- ✓ Avoid swallowing water when swimming

KEEP AWAY FROM ANIMALS

- ✓ Do not touch or feed any animals you do not know
- ✓ Avoid rodents and their urine and feces
- ✓ If you wake in a room with a bat, seek medical care immediately
- ✓ If you are bitten or scratched by an animal: **Wash** the wound with soap and clean water, **go** to a doctor right way. **Tell** your doctor when you get to the US

REDUCE YOUR EXPOSURE TO GERMS

- ✓ Wash your hands often with soap and water or use alcohol-based hand gel (at least 60% alcohol)
- ✓ Avoid touching your eyes, nose, and mouth. Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing
- ✓ Avoid contact with people who are sick and, if you are sick, stay home or in your hotel room, unless you need medical care

AVOID SHARING BODY FLUIDS

- ✓ Use latex condoms correctly
- ✓ Avoid contaminated needles and blood products

- ✓ If you receive medical or dental care, make sure the equipment is disinfected or sanitized

SAFE TRANSPORTATION

- ✓ Avoid overcrowded public vehicles and traveling by road after dark
- ✓ Wear a seatbelt and a helmet if riding a bicycle or motorcycle
- ✓ Be alert when crossing the street
- ✓ Don't drink and drive

ADDITIONAL ITEMS TO CONSIDER

- ✓ Arrange for an adequate supply of prescription medication and keep them in their original containers in your carry-on bag
- ✓ Purchase an extra pair of eyeglasses or contact lens and sunglasses
- ✓ Obtain a medical alert bracelet or keep a list of chronic conditions and/or allergies
- ✓ Check your health insurance coverage for international coverage
- ✓ Have a dental check-up and complete medical examination (especially if traveling for 3 months or more)
- ✓ Visit your doctor or travel clinic immediately if you develop any signs of illness, especially within the first 2 months after you return.

Malaria: <https://www.cdc.gov/malaria/travelers/drugs.html>

Travel Vaccines

<https://wwwnc.cdc.gov/travel/page/vaccine-guide>

<i>International Travel</i>	<i>Routine</i>
Yellow Fever	Hepatitis B
Typhoid	Polio (IPV)
Cholera	Measles, mumps, and rubella (MMR)
Rabies	Meningococcal
Chikungunya	Hepatitis A
Tick-borne encephalitis	Tetanus, diphtheria, pertussis (Tdap)
Japanese Encephalitis	COVID-19
	Influenza
	Pneumococcal
	Chickenpox

****Always keep your immunization records (routine Immunization and International Certificate of Vaccination – Yellow Card) with your passport.**

Travel Packing List: <https://wwwnc.cdc.gov/travel/page/pack-smart>

Helpful Online Resources

Smart Traveler Enrollment Program

<https://step.state.gov/>

State Department

<https://travel.state.gov/content/travel/en/passports.html>

US Embassy.gov

<https://www.usembassy.gov/>

TSA Precheck

<https://www.tsa.gov/precheck>