

Travel Tips

Some ideas for portable travel kit:

- Sunscreen with SPF 15 or more
- Medicines for travelers' diarrhea.
- Thermometer.
- Prescription medications with copy of prescription.
- Tylenol and/or Ibuprofen.
- Band-Aids – and antibacterial ointment.
- Waterless antibacterial wipes or hand sanitizer solution.
- Latex condoms.
- OCPs – if used.
- Insect repellent containing DEET.

Prevention Tips for Flights

To prevent deep vein thrombosis while in flight:

- Stretch and exercise legs and feet while sitting.
- Get up and walk once an hour.
- Drink lots of water.
- Do not drink alcohol or a lot of caffeinated beverages.

To Prevent and manage jet lag:

- Sleep on overnight flights.
- Drink lots of water.
- Do not drink alcohol or a lot of caffeinated beverages.
- Go for a walk in the sun in the new time zone.

After you return home:

1. If you continue to have diarrhea, fever, nausea, abdominal cramps, or abnormal stools, it is recommended that you seek medical attention.
2. If you have visited a malaria-risk area in East Asia, continue taking your antimalarial drug for 4 weeks (chlorquine, doxycycline, or mefloquine) or 7 days (atovaquone/proguanil) after leaving the risk area. **Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after return home (for

up to 1 year), you should seek **immediate** medical attention and should tell the physician your travel history.

3. If you have stayed for at least 4 weeks in a country in a high-risk category for **tuberculosis**, or if you were exposed to a person(s) who may have tuberculosis, you will need to have a PPD test upon your return.
4. If you have been to a country where there is a risk of **Avian Influenza A**:
 - Monitor your health for 10 days.
 - If you become ill with fever, difficulty breathing, cough, or any illness during this period, consult a health-care provider. ***Before you visit a health-care setting, tell the provider about your symptoms and recent travel so that he or she can be aware you have traveled to a high-risk area.***

ALL TRAVELERS SHOULD TAKE THE FOLLOWING PRECAUTIONS, NO MATTER THE DESTINATION:

- Wash hands often with soap and water.
- Where clean water is not available, use antibacterial waterless hand wipes or sanitizing solutions.
- Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid travel at night if possible and always use seat belts.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Don't eat or drink dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Never eat undercooked ground beef and poultry, raw eggs, and unpasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.
- (Travelers to Western Europe should also see the information on Bovine Spongiform Encephalopathy ["Mad Cow Disease"] and New Variant Creutzfeldt-Jakob Disease [nvCJD].)
To reduce any risk of acquiring vCJD from food, travelers to Europe or other areas with indigenous cases of BSE may consider either avoiding beef and beef products altogether or selecting beef or beef products, such as solid pieces of muscle meat (rather than brains or beef products such as burgers and sausages), that might have a reduced opportunity for contamination with tissues that may harbor the BSE agent. Milk and milk products from cows are not believed to pose any risk for transmitting the BSE agent.

Travelers to rural or undeveloped areas should take the following additional precautions:

- Follow instructions for "food and beverage precautions"

- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.
- Don't handle animals (especially monkeys, dogs, and cats), to avoid bites and serious diseases (including rabies and plague). (For more information, please see Animal-Associated Hazards.)
- Don't swim in fresh water (except for well-chlorinated swimming pools) in certain areas of China (southeast, east, and Yangtze River valley) to avoid infection with schistosomiasis. Salt water is usually safer. (For more information, please see Swimming and Recreational Water Precautions.)

Protect yourself from mosquito bites:

- Pay special attention to mosquito protection between dusk and dawn.
- Wear long-sleeved shirts, long pants, and hats.
- Use insect repellents that contain DEET (diethylmethyloamide).
- Read and follow the directions and precautions on the product label.
- Apply insect repellent to exposed skin.
- Do not put repellent on wounds or broken skin.
- Do not breathe in, swallow, or get into the eyes (DEET is toxic if swallowed). If using a spray product, apply DEET to your face by spraying your hands and rubbing the product carefully over the face, avoiding eyes and mouth.
- Unless you are staying in air-conditioned or well-screened housing, purchase a bed net impregnated with the insecticide Permethrin or deltamethrin. Or, spray the bed net with one of these insecticides if you are unable to find a pretreated bed net.
- DEET may be used on adults, children, and infants older than 2 months of age. Protect infants by using a barrier draped with mosquito netting with an elastic edge for a tight fit.
- Children under 10 years old should not apply insect repellent themselves. Do not apply to young children's hands or around eyes and mouth.
- For details on how to protect yourself from insects and how to use repellents, see Protection against Mosquitoes and Other Arthropods.

During Travel

Prevention of Avian Flu A:

- Avoid places such as poultry farms and bird markets where live poultry are raised or kept, and avoid contact with sick or dead poultry.
- As with other infectious illnesses, one of the most important preventive practices is careful and frequent hand washing. Cleaning your hands often, using either soap and water or waterless alcohol-based hand rubs, removes potentially infectious materials from your skin and helps prevent disease transmission.
- Influenza viruses are destroyed by heat; therefore, as a precaution, all foods from poultry, including eggs and poultry blood, should be thoroughly cooked.
- If you become sick with symptoms such as a fever, difficulty breathing, cough, or any illness that requires prompt medical attention, a U.S. consular officer can assist you in locating medical

services and informing your family or friends. See this website for more information about what to do if you become ill while abroad: <http://www.cec.gov/travel/other/illness-abroad.htm>. It is advisable that you defer further travel until you are free of symptoms.