

TRAVEL PREPAREDNESS

Prepare for Everywhere

Traveling around the world is becoming easier and easier. Prepare for your next trip abroad with these tips to keep you and your loved ones safe and healthy.

TRAVELING ABROAD

Each day, airlines carry **1.8 million** passengers over international borders.

US residents made more than **58 million** trips abroad in 2011.

PROTECT YOUR HEALTH

Illness could be just a plane ride away.

Visit Your Doctor

Make an appointment with your health care provider at least 4-6 weeks before you travel.

Vaccines & Medicines

Be up to date on routine vaccines and get recommended travel vaccines and medicines.

Be Informed

For your specific health needs, know how to get medical care abroad if you are sick or injured.

Health Insurance

Check your health insurance to see if it includes international travel coverage. Consider getting travel health insurance and medical evacuation insurance.

Without insurance a medical evacuation can cost \$100,000 or more.

Nearly 50% of medical evacuations are due to a car crash.

KNOW BEFORE YOU GO

- ✓ Check for US Department of State travel warnings and CDC travel health notices.
[Visit www.cdc.gov/travel/notices](http://www.cdc.gov/travel/notices)
- ✓ Know the health risk at your travel destination. Learn local warning systems, evacuation routes, and shelters.
- ✓ Designate an emergency contact and share travel plans, important documents, and travel information.

PACK SMART

Bring a Travel Health Kit with:

Prescription and over-the-counter medicines for diarrhea, allergies, motion sickness, and pain or fever

Sunscreen and insect repellent

First-aid supplies: bandages, antiseptic, aloe, thermometer

Health insurance cards and copies of prescriptions

HAVE A PLAN

Be prepared if an emergency occurs while you are traveling.

Identify a safe place your family can meet if separated.

Keep a list of emergency contacts with you when you travel. Include:

- Home emergency contact
- The U.S. embassy or consulate
- Health care facilities

Register with the U.S. Department of State's Smart Travel Enrollment Program before traveling.

PLAY IT SAFE

Make the most of your trip by taking steps to remain safe & healthy.

Regularly check in with your contact person at home.

Follow instructions from local emergency and public health officials.

Contact the local US embassy or consulate if you need help.

See a doctor if you become sick or injured on your trip.

Use sunscreen and insect repellent.

Make safe food and drink choices.

Follow road safety tips.

WHEN YOU RETURN

Monitor your health after travel for signs of sickness

If you are not feeling well, see a doctor and mention that you recently traveled