TRAVEL PREPAREDNESS

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.

PROTECT YOUR HEALTH

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. 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 US 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.

Make safe food and drink choices.

Save a doctor’s phone number for your trip.

Use local taxis and travel reputable tour companies.

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.