# Health and Safety Tips for Travel

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<th>General Safety</th>
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<th>Medical Kit *Essentials</th>
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<td>Before leaving - Scan passport, visa, and all other important documents and email them to yourself</td>
<td>Use safe forms of transportation – no motorcycles, scooters, or vehicles without seatbelts</td>
<td>It is always best to prepare your own food if you have access to kitchen facilities</td>
<td>Avoid staying in places that don’t have screens on the windows or air conditioning</td>
<td>Extra pair of glasses in case of loss or can’t wear contact lenses due to dust, allergies, or pollution</td>
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<td>Check CDC and State Dept sites for any updates</td>
<td>Stay off the backs of trucks or tops of buses</td>
<td>Drink bottled or boiled water only</td>
<td>Wear long sleeves and pants when possible</td>
<td>Any personal prescriptions, records, or required letters from your provider</td>
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<td>Make sure you have adequate travel insurance. It should cover the cost of evacuation in the event of an emergency. Seek care immediately for any animal bite or fever.</td>
<td>Avoid alcohol while driving</td>
<td>You only need to boil water for 1 minute</td>
<td>Wear shoes with socks, avoid sandals</td>
<td>Medications for chronic conditions even if you are currently asymptomatic-especially true for travelers with allergies or asthma since a new environment can trigger symptoms</td>
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<td>Travel in numbers</td>
<td>Never swim alone or at night</td>
<td>Avoid ice unless made from bottled or boiled water</td>
<td>Avoid wearing perfume or scented products</td>
<td>2 Epi-pens if severely allergic or if traveling in a remote area without access to medical care</td>
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<td>Inform someone of your whereabouts at ALL times</td>
<td>Watch for jellyfish, sea anemones, and coral</td>
<td>Brush your teeth with bottled or boiled water</td>
<td>Use DEET 30% (Ultrathon or Sawyer CR) or Picaridin 20% on exposed skin</td>
<td>Antihistamine (Benadryl, Chlor-Trimeton, or Zyrtec) .</td>
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<td>Wear attire that helps you blend in with the rest of the population</td>
<td>Try to swim only in chlorinated pools or near unpolluted beaches with a lifeguard present</td>
<td>Drink soda or juices from sealed bottles, cans, or cartons</td>
<td>You may need to use repellent around the clock. Mosquitoes that transmit malaria (<em>Anopheles</em> mosquitoes) are generally night biters, while mosquitoes that transmit dengue (<em>Aedes</em> mosquitoes) are generally day biters</td>
<td>Sun screen, lip balm.</td>
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<td>Avoid alcohol or drugs and monitor your drinks</td>
<td>Mountain climbing, rafting, diving, and spelunking require specialized training and equipment, please use reliable sources and consult your travel clinic staff</td>
<td>Eat cooked foods – avoid cooked foods that have uncooked garnishes on top</td>
<td>If you are visiting a malarial area and are camping or staying in a hotel without screens, use a bed net impregnated with Permethrin. Permethrin can also be sprayed on sleeping bags and clothing</td>
<td>Analgesic (Advil or Tylenol)</td>
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<td>Avoid situations that leave you vulnerable to pick-pockets</td>
<td>Be alert for unexpected objects or animals while driving, especially at night</td>
<td>Avoid street foods, buffets, and salad bars</td>
<td>If you are staying in an area with ticks, perform a full-body check every day</td>
<td>Decongestant (Afrin or Sudafed), saline spray</td>
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<td>Use a money belt and wear it under your shirt</td>
<td>Be alert while walking, construction areas are often unmarked</td>
<td>Most other types of water purification (iodine tablets, filters, etc.) do not remove all pathogens</td>
<td>Anti-diarrheal medication (Imodium, Pepto-Bismol)</td>
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<td>Avoid wearing expensive jewelry or clothing</td>
<td>Avoid all mammals – any mammal can carry rabies, seek care immediately if exposed</td>
<td>Wash all raw fruits and vegetables in bottled/boiled water and then peel them</td>
<td>Bandages, tape, Ace wrap</td>
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<td>Use condoms</td>
<td>Avoid driving at night</td>
<td>Avoid unpasteurized diary products</td>
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<td>Thermometer, tweezers, scissors</td>
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Travel Medical Kit

Must Haves: thermometer, antihistamine, insect repellent, sun screen, personal medications especially asthma meds, extra pair of glasses (details below)

Suggested Items: See below for additional items based on individual needs

First Aid Supplies
- Band-Aids®, gauze wraps, tape, duct tape, steri-strips, ace wrap
- Mole skin, safety pins, tweezers, scissors, cotton tip applicators, magnifying glass, Swiss Army™ knife in checked baggage
- Bar of soap or hand sanitizer, disinfectant for cuts/scrapes (Hibiclens®), sealable plastic bags, non-latex gloves
- Thermometer – especially if going to any malaria area

Insect/Animal Protection – For examples see www.sawyer.com
- Insect repellent (Ultrathon®, 30-35% DEET®, picaridin 20%)
- Permethrin spray (20% or higher)
- Mosquito netting (pretreated with permethrin) with mesh no larger than 1.5mm

Heat/Sun Protection
- Sunscreen, use broad spectrum (UVA and UVB protection), SPF>30
- Water bottle
- Hat, sunglasses, + extra pair

Water Purification
- Heating coil and/or filter (Lifesaver Bottle®)
- Iodine, chemical purifiers (less effective than boiling water for 1 minute)

Medications
- Personal prescriptions – best if packed in carry-on luggage
- Adequate supply of medication/each in individual labeled storage containers
- Extra packages of oral contraceptives
- Copy of each prescription
- Generic names of all medications
- Epipen 2 Pak - epinephrine auto injector if indicated

Travel Prescriptions
- Anti-malarial, anti-diarrhea, altitude sickness prevention, motion sickness prevention (patch)

Topical Medications
- Lubricating eye drops (Refresh®, Systane Eye Lubricant®)
- Nasal saline or decongestants (4-Way®, Ocean Spray®, Afrin®) for air travel
- Vaginal yeast medication (Monistat®, Lotrimin®) 3 or 7 day treatment
- Antifungal ointment/powder (Zeasorb®, Lotrimin®, Desenex®)
- Hydrocortisone cream 1% (Cortisone Cream® for skin Anusol HC® for hemorrhoids)
- Antibiotic ointment (Bacitin®, Neosporin®)

Other OTC Medications
- Analgesics/anti-inflammatory/anti-fever meds (ibuprofen Advil®, naproxen Aleve®)
- Analgesics/anti-fever (acetaminophen Tylenol®)
- Antacids (Mylanta®, Maalox®, Zantac®)
- Antihistamines (for allergic reactions Benadryl®, for allergic rhinitis Allegra® or Zyrtec®)
- Decongestants (Sudafed®)/cough suppressants (Robitussin Extra Strength®)
- Anti-constipation: (bulk laxative - Fibercon®, Metamucil®, Citrucel®), laxative MiraLAX®
- Anti-diarrheal (Imodium®, Pepto-Bismo®)
- Oral rehydration packets
- Vitamins

Other Items
- Condoms
- Extra glasses, copy of prescription
- Contact lenses and case, cleaning/wetting solutions (note: contact lenses may be inappropriate in some environments)
- Dental floss
- Feminine hygiene supplies
- Toilet paper/facial tissues in small packets/toilet seat covers/personal care wipes
- Flashlight and batteries (LED only)
- Electrical plug adapter, current converter
- Hand cleansers in small bottles (Purell®)
- Addresses/phone numbers of local hospitals and clinics
- Addresses/Phone numbers of personal primary care clinician and/or Stanford Travel Clinic 650-498-2336
- Insurance card with phone numbers including On-Call International or International SOS number if covered
- First Aid Manual
- Local US embassy/consulate locations and phone numbers

Note: Brand Names ® are in italics and are suggestions only.

Updated Jan. 2018, Julie Richards, NP