

## Travelers' Rapid Health Information Portal (TRhIP)

Free, easy-to-use web-tool that provides customized health advice for safe travel, based on YOUR age and destinations!

Available in 11 languages!



[www.gten.travel/trhip](http://www.gten.travel/trhip)

## Check us out!

### [Our Website](#)

[www.headinghomehealthy.org](http://www.headinghomehealthy.org)



### [Social Media](#)

 [/headinghomehealthy](https://www.facebook.com/headinghomehealthy)

 [@healthfultravel](https://twitter.com/healthfultravel)

## Heading Home Healthy

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HEADING  
✈️ HOME  
HEALTHY

[www.headinghomehealthy.org](http://www.headinghomehealthy.org)

# Heading Home Healthy



**Heading Home Healthy** is a free program supported by the Massachusetts General Hospital and the Centers for Disease Control and Prevention.

Our goal is to help travelers stay healthy when they are returning home to visit friends and relatives!

## International Travel

Each year, almost 70 million people travel from the US to foreign countries.

Travelers may be exposed to diseases outside of the United States and can bring diseases back to the United States.



## Stay Healthy on Your Trip

- ✓ See a healthcare provider 4 – 6 weeks before your trip.
- ✓ Avoid bites from mosquitoes and other bugs.
- ✓ Stay safe around animals
- ✓ Be safe on international roads
- ✓ Wash your hands often with soap and water and use a hand sanitizer, as needed.



## Visiting Friends and Relatives

Travelers visiting friends and relatives experience higher rates of travel related infectious diseases, including malaria, typhoid fever, and hepatitis A.

