

HEALTHY TRAVEL CHECKLIST

Key tips for staying healthy on your trip!

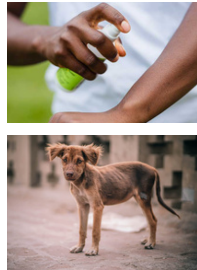
DURING YOUR TRIP

Take Your Medications



- ✓ Take all the medicines you usually take when you are home.
- ✓ Take your anti-malarial medication (if prescribed). All anti-malarial medications start **BEFORE** your trip and continue **AFTER** your return.
 - Name of antimalarial prescribed at your visit: _____

Protect Yourself from Bug and Animal Bites



- ✓ Avoid bug bites; use an EPA-registered insect repellent according to manufacturer instructions.
- ✓ Wear long-sleeved shirts, long pants, closed shoes, and hats as much as possible.
- ✓ Do not touch animals you don't know, even if they look safe.
- ✓ Seek immediate medical attention if you are bitten or scratched by an animal.

Be Careful What You Eat



- ✓ Drink bottled, sealed beverages only, and avoid ice.
- ✓ Eat food that is fully cooked and served steaming hot.
- ✓ Wash your hands often using soap and water or alcohol-based hand sanitizer.
- ✓ If you have diarrhea, try over the counter medication first.
 - If you have diarrhea with blood or fever, take your anti-diarrheal antibiotic and seek medical care.
 - Name of anti-diarrheal antibiotic prescribed at your visit: _____

Be Safe on the Road



- ✓ Always wear a seat belt.
- ✓ Wear a helmet when you ride a bicycle or motorcycle.
- ✓ Look for oncoming traffic in **BOTH** directions.
- ✓ Avoid overcrowded buses and cars.
- ✓ Avoid driving at night on unfamiliar roads.

AFTER YOUR TRIP

- ✓ Seek medical attention if you develop a fever during your trip or after you return.
- ✓ Follow up with a health care provider if you were seriously injured or ill during your trip.

Notes: _____

