

HEALTHY TRAVEL CHECKLIST for pregnant travelers

In most cases, it is safe to travel during a healthy pregnancy. It is important to see a doctor 4-6 weeks before travel and to plan ahead for emergencies. The best time to travel is mid-pregnancy (14 to 28 weeks).

BEFORE YOUR TRIP

- ✓ Download the **Travel Healthy** app, which offers tools to keep you healthy during travel.
- ✓ Consider purchasing travel medical insurance, medical evacuation insurance, and joining the Smart Traveler Enrollment Program (STEP): <https://step.state.gov/step/>
- ✓ Identify medical assistance resources at your destination: <https://www.headinghomehealthy.org/#resources>
- ✓ Pack a travel health kit, a good supply of your prescription medications, and a copy of your health records.
- ✓ Check your airline policies: some airlines may require a medical certificate confirming your due date.

Download app here



DURING YOUR TRIP

Avoid Malaria Risk

Malaria is a mosquito-borne disease common in Africa, Asia, and Central and South America.

- ✓ It is best to avoid traveling to malaria risk areas when you are pregnant.
- ✓ If travel to these areas cannot be avoided, you should take an anti-malarial medication as prescribed.

Protect Yourself from Bug Bites

Insects transmit infections that can cause complications during and after pregnancy.

- ✓ Use EPA-registered insect repellent (DEET, picaridin, oil of lemon eucalyptus). When used as directed, EPA-registered repellents are proven safe for pregnant and breastfeeding travelers.
- ✓ Cover exposed skin; wear permethrin treated long-sleeved shirts, pants, and closed shoes.

Eat and Drink Carefully

Contaminated food and water can cause serious illnesses in pregnant travelers.

- ✓ Drink bottled, sealed beverages only; avoid ice.
- ✓ Only eat fully cooked food served steaming hot.
- ✓ Avoid eating deli meats and unpasteurized foods, especially cheeses.
- ✓ Wash your hands often using soap and water or alcohol-based hand sanitizer.
- ✓ If you have diarrhea, hydrate with Pedialyte or oral rehydration solution.



If you have diarrhea with blood or fever, seek medical care immediately.

Transportation Safety

- ✓ Your seat belt should sit low on your hip bones, below your belly.
- ✓ Reduce risk of blood clots by drinking lots of fluids, wearing loose-fitting clothing, and walking and stretching at regular intervals.

AFTER YOUR TRIP

- ✓ Seek medical attention if you develop a fever during or after your trip. Tell your doctor where you traveled.