



Are You Ready?

JULY 2006

WASHINGTON COUNTY HEALTH DEPARTMENT

TRAVEL SAFETY



Are You Ready?

Is a series of handouts designed to assist you and your family to plan ahead for emergencies.



For more information on **Travel Safety** Check out these Helpful websites:



Washington County Emergency Services/ Emergency Management 33 W. Washington St. Hagerstown, MD 21740 240-313-2930



www.cdc.gov/travel/



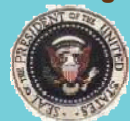
www.travel.state.gov



www.redcross.org



www.hhs.gov



www.whitehouse.gov

Traveling This Summer? Travel, but Travel Safely

You're finally going on that long-awaited vacation. Everything is planned, and you have nothing to worry about, right? Not necessarily. Each year millions of Americans travel either by car, plane, boat, train or other means of transportation. They travel within the United States or abroad for vacation, business, or visit friends and family. With more and more terrorist warnings about possible attacks on hotels and transportation, it's important to keep safety as your number one priority when traveling.



You never expect problems on a vacation, but even a minor accident or illness can turn your vacation upside down. You are likely to be a traveler who has an enjoyable trip, free from illness or injury, when you follow these tips:

Be informed:

- ★ Find out what you need to know about staying healthy and safe in the area where you are traveling by visiting the travelers' health website.
- ★ Learn about Travel Warnings and Public Announcements, visit The Department of State website.
- ★ Check your passport or apply for one several months before your trip.
- ★ Find out ahead of time whether your health insurance will be accepted in the countries you will visit. (Medicare does not provide for medical care outside of the United States.)
- ★ Plan ahead for what type of weather you will have on vacation.
- ★ Familiarize yourself with the transportation methods where you will be vacationing.



- ★ Make sure you know how to protect yourself from injury while you travel. Motor vehicle accidents are a leading cause of injury among travelers. Swimming-related accidents are also a major cause of injury among travelers.
- ★ Avoid poultry farms, bird markets, and other places where live poultry is raised or kept.
- ★ Do not handle animals, especially monkeys, dogs, and cats, to avoid bites and serious diseases including rabies and plague.
- ★ Women, don't carry your purse on your shoulder.
- ★ Men, don't carry your wallet in your back pocket.
- ★ In your hotel, count the doors between your room and the exit. In case of a fire you may have to crawl on the floor to the exit.
- ★ Keep your doors locked in your hotel room.
- ★ Pack a flashlight; you may need it at night when you are out or if there is a fire.
- ★ Bring your cell phone.
- ★ Keep a photocopy of your passport separate from the original.

Be ready:

- ★ If you will need any vaccinations or medicines, go to your healthcare provider at least 4 to 6 weeks before your trip.
- ★ Prepare a traveler's health kit so you have all the medications and supplies you may need before you go.
- ★ Don't carry large sums of cash. Get traveler's checks and a credit card.
- ★ If you are driving have your car serviced properly and be sure it is in suitable condition for the journey.
- ★ Try to have specific directions and routes to your destination.
- ★ Make reservations for your stay and get the confirmation numbers.



Be smart while you travel:

- ★ Wash your hands often with soap and water. Use a 60% alcohol-based hand gel when your hands are not visibly dirty or when soap and water are not available.
- ★ Drink only bottled or boiled water or drinks from sources you trust. Do not drink tap water or fountain drinks, or eat ice cubes (if in other countries).
- ★ Only eat food that has been fully cooked or fruits and vegetables that have been washed and peeled by you (in other countries).
- ★ If visiting an area where you might get malaria, make sure to take your malaria prevention medication before, during, and after your trip, as directed.
- ★ If you might be bitten by insects, use insect repellent with 30-50% DEET.

Traveler's Health Kit

- 1% hydrocortisone cream
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- Aloe gel for sunburns
- Antacid
- Antibiotic
- Anti-diarrheal medication
- Antifungal and antibacterial ointments or creams
- Antihistamine
- Anti-malarial medications, if applicable
- Anti-motion sickness medication
- Basic first-aid items and First Aid Quick Reference Cards
- Cough suppressant/expectorant
- Decongestant
- Digital thermometer
- Epinephrine auto-injector (EpiPen) if history of severe allergic reaction
- Insect repellent
- Mild laxative
- Moleskin for blisters
- Personal prescription medications
- Sunscreen (15 SPF or greater)
- Throat lozenges

Safety Tips

- Do not carry a package for anyone
- Do not let anyone pack your suitcase
- Guard against thieves
- Obey foreign laws
- Protect your passport

