

Health and Safety Tips for Travel

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

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 (*Bacitracin®*, *Neosporin®*)

Other OTC Medications

- Analgesics/anti-inflammatory/anti-fever meds (ibuprofen *Advil®*, naproxen *Alleve®*)
- 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-Bismol®*)
- 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