HEALTH SAFETY TIPS FOR INTERNATIONAL TRAVEL

WHAT TO KNOW BEFORE YOU GO

One souvenir nobody wants is an infectious disease. It's important to research and plan ahead when traveling, especially outside of the U.S. Use these resources to be prepared before you leave home:

- CDC's Travelers' Health website provides current information about common diseases as well as food and water safety by country/region at www.cdc.gov/travel/
- CDC's Travel Health Notices website provides specific information about disease outbreaks, natural disasters, and emerging health threats at http://wwwnc.cdc.gov/travel/notices
- Check to see if your vaccinations are current, and find out if any other vaccinations are recommended based on your travel destination. Ideally, you should see a doctor at least 4-6 weeks before travel, since many travel vaccines require multiple shots and take time to become fully effective.
- Put together a traveler's health kit that includes: 1) alcohol-based hand gel; 2) insect repellent, ideally containing DEET or picaridin; 3) sunscreen; 4) adequate supply of your medications (prescription and over-the-counter).

STAYING HEALTHY WHEN YOU TRAVEL

WASH YOUR HANDS OFTEN.

Wash your hands with soap and water often, especially before eating, and after using the bathroom. Alcohol-based sanitizer can be used when hands are not visibly dirty, or if soap and water are not available.

USE INSECT REPELLENT.

Use an insect repellent, ideally containing DEET or Picaridin, when traveling to destinations where mosquitoes are active. Other mosquito precautions such as using bed nets and avoiding outdoor activities when mosquitoes are most active will also reduce your risk of mosquito bites and mosquitoborne illnesses such as Zika virus, chikungunya, and Dengue fever.

BE AWARE OF GERMS.

Disease-causing germs are everywhere, even on objects and surfaces that look clean.

Stay 3 to 6 feet away from anyone who is sneezing or coughing, if possible, in case their respiratory droplets are infectious.

Cover your coughs and sneezes so you don't spread germs to others.

TAKE CARE OF YOURSELF.

Get plenty of rest and drink plenty of water to help your immune system.

Select food with care, especially in areas where hygiene and sanitation are poor. All raw foods may be contaminated, so eat only food that has been cooked thoroughly and is still hot.

Avoid drinking untreated water, particularly in areas where hygiene and sanitation are poor. Ice made from untreated water can also be contaminated, so don't pour bottled beverages over ice if you're not sure of the water source. Drink bottled water to avoid dehydration. Use bottled water to brush your teeth.

RETURNING HOME

If you become ill after you return home from your trip, inform your doctor where you traveled.

Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health

For more information, call or visit us on the web:

(405) 271-4060 http://ads.health.ok.gov