



ACTION STEPS FOR WELLNESS

Destination: fun



Taking a break from it all is good for your health and happiness. Planning ahead, packing smart, and knowing your destination will help you relax and enjoy. Use these tips for a safe and healthy vacation.

- Find out what to expect at your destination – weather, construction areas, and health concerns.
- If you are going outside the U.S., find out if you need any vaccines. Ask your doctor or visit [cdc.gov/travel](https://www.cdc.gov/travel).
- Don't carry large amounts of cash.



- Make sure you have enough of your medicines. Pack them in your carry-on bag.
- Pack a first-aid kit with over-the-counter (OTC) medicines, sunscreen, and bandages.
- During airplane travel, stretch your arms and legs at least every hour.
- Leave valuables at home. Don't become a target for theft.
- Stay hydrated. If the drinking water is unsafe, choose bottled water. Limit alcohol and caffeine.



- Wash your hands often. Take alcohol-based hand sanitizers that contain least 60% alcohol.
- Talk to your family about safety concerns. Don't let kids wander.
- Supervise your children at all times.

Action Step: Use a sunscreen with a sun protection factor (SPF) of 15 or higher to protect your skin from the sun's ultraviolet rays.