Traveling

The best of travel plans can be ruined if you get sick or aren't able to deal with health problems on your trip. Discuss your travel plans with your doctor.

Make sure to take enough medicines you need for the whole trip.

Depending on your destination, this may include insect repellant, sunscreen (SPF 30 or higher), hand sanitizer (60% alcohol or higher), and face masks.

Find out if and what your health insurance covers if you need medical care during your trip. You may consider purchasing additional travel health insurance. Find out where to go for care, if needed.

Certain vaccines may be required by some countries before you visit them. Find out if and what vaccines are required for places that you plan to travel from the CDC Travelers' Health Web site at **cdc.gov/travel**.