

# Healthy Travel Checklist

Whether you travel for work or for pleasure, plan for your health and safety. Walk at night with others and in well-lit, safe areas. Ask hotel staff for advice. Also, do not look like a tourist. Wear plain clothes and little, if any, jewelry.



## BEFORE YOU GO

- Find out about health concerns where you are going and if immunizations are needed.
- Carry all needed prescriptions (in their original containers) and supplies with you. Get a letter from your doctor, for taking a controlled substance, injectable medicines, notice for having a pacemaker, artificial joint, etc.
- Find out what your health insurance plan covers and if you need extra insurance.
- Arrange for any special needs.

## TIPS FOR AIR TRAVEL

- To reduce the risk for blood clots in the legs, extend your feet and flex your ankles several times while sitting. Get up and walk every hour or so.
- To avoid ear pain, chew gum, suck on hard candy, or yawn during take-offs and landings.
- Before and during the flight, drink water, not alcoholic or caffeinated beverages.
- Check current health advisories and recommendations for travel. You may want to wear a face mask in the airport and on the plane.

## MOTION SICKNESS

- Take an over-the-counter medication, such as Dramamine® 30 minutes before travel begins.
- If traveling by airplane, request a seat over a wing. Open the overhead vents and direct air at your face.
- On a cruise ship, get a cabin near the middle and close to the waterline. Spend as much time as you can on deck in the fresh air.
- When traveling by car or train, gaze straight ahead, not to the side.
- If you feel sick, breathe slowly and deeply. Avoid odors. Eat crackers.

## PREVENT JET LAG

- Three nights before you leave, change your bedtime. If traveling east, go to bed 1 hour earlier for each time zone you cross; if traveling west, go to bed 1 hour later for each time zone.
- Once on the plane, change your watch and activity to match the time where you are going. If it is daytime there, stay awake; if nighttime, sleep on the plane.

