



# 3 “P”s *for Travel Safety*

1

## **PLAN** ahead:

- Plan for weather, safety and your health needs at locations you plan to go. Find out what your health plan covers and if you need extra insurance.
- If you are travelling abroad, learn about health concerns and if you need any vaccines at 800.CDC.INFO (232.4636) or [cdc.gov/travel](https://www.cdc.gov/travel).
- Tell a trusted relative or friend your trip schedule so you can be contacted for emergencies.

2

**PACK** a first-aid kit and enough medications to cover your entire trip and extra days in case your return home gets delayed.

3

**PUT** all your prescriptions, jewelry and other valuables in your carry-on luggage. Be sure to pack medication in liquid form according to Transportation Security Administration regulations. Learn more at [tsa.gov](https://www.tsa.gov).

