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for Travel Safety

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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.
- Tell a trusted relative or friend your trip schedule so you can be contacted for emergencies.

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

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.

