DESTINATION:
Healthy Vacation

PLAN AHEAD TO HAVE A SAFE AND FUN TRIP!

You deserve a break. In fact, doctors recommend it. Vacations are good for your health and happiness. Planning ahead, packing smart, and knowing about your destination will help you relax and enjoy your vacation.

DO YOUR HOMEWORK

Learn about the places you plan to go to. Check out their weather conditions, construction areas, crime rates, and health concerns. Find out what your health insurance plan does and does not cover and if you need extra insurance.

TRAVELING ABROAD?

Find out if you need certain vaccines. Contact the CDC Travelers' Information Line at 800.CDC.INFO (232.4636) or www.cdc.gov/travel. Ask your doctor, too. Discuss what medications you need to take to prevent and treat illnesses for you and your family.

DOS AND DON'TS

No matter where you travel, following these steps could make the difference between a great and a dreadful vacation.

Dos

- Pack a basic first-aid kit.
- Pack all prescriptions and other valuables, such as jewelry in your carry-on luggage.
- Stretch your arms and legs at least every hour during travel.
- Stay hydrated. If the drinking water could be unsafe, choose bottled water.
- Wash your hands often. Take travel-size hand sanitizer gels and cloths.
- Talk to your family about safety concerns. Set rules for the kids.
- Tell a trusted friend or relative your trip schedule so you can be contacted for emergencies.
- Stop deliveries of papers and mail. Or, arrange to have someone pick them up.
- Ask your cell phone provider if you will have coverage. If not, consider renting a cell phone that does.

Don'ts

- Don't carry large amounts of cash or wear expensive jewelry.
- Don't let kids wander or swim unsupervised.
- Don't announce your vacation on Facebook, Twitter, or any other social network.
- Don't hide the house key under the doormat.
- Don't leave your pets home alone.

Action Step

Make a To-Do list. Ask others traveling with you to contribute. Nothing is too obvious to write down. Check off tasks as you complete them.