



Pack a Travel Health Kit

- Prescription medicines in their original containers
- Note on physician's letterhead for controlled substances and injectable medications
- Copies of your prescriptions (also leave a copy of your prescriptions at home with a friend or relative)
- Check with the American Embassy or Consulate to make sure that your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country.
- Antibiotic for traveler's diarrhea
- Pain relievers and anti-diarrhea medicine
- Alcohol-based hand gel (at least 60% alcohol)
- Antihistamine
- Anti-motion sickness medication
- Medicine for pain or fever (acetaminophen, aspirin, or ibuprofen)
- Mild laxative
- Cough drops
- Antacid
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream
- Sunscreen (at least SPF 15)
- Insect repellent
- First aid items (bandages, gauze, ace bandage, antiseptic, tweezers, scissors)
- Digital Thermometer

For more travel health kit ideas, see www.cdc.gov/travel.

Montgomery Health Department

also serving the boroughs of
Hopewell ♦ Pennington ♦ Rocky Hill
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Public Health
Prevent. Promote. Protect.

Stay Healthy While Traveling Abroad



Before You Go

Protect Yourself

- Make an appointment to see a health-care provider familiar with travel medicine at least 4-6 weeks before your trip.
- Ask your health-care provider about vaccines, medicines, and specific precautions based on your health history and travel plans.
- Visit CDC's Traveler's Health website at www.cdc.gov/travel for the most up-to-date information about recommendations and requirements for your destination, as well as current disease outbreaks.
- Look up directories of private travel clinics throughout the U.S. and abroad through the International Society of Travel Medicine (www.istm.org) or the American Society of Tropical Medicine and Hygiene (www.astmh.org).

Do some research. Learn about access to reliable medical care at your destination. Also read up on current events there. Good resources include:

- **The Centers for Disease Control and Prevention (CDC) Travelers' Health**
- **The CIA World Fact Book**
- **U.S. Department of State Travel Information**

Don't buy medicines abroad. Many drugs sold in developing countries contain impure or toxic ingredients. Always consult a competent health care professional before buying a medical product. United States embassies can often recommend physicians, although the amount of help they are able to provide may vary.

Don't use Entero-Vioform. This drug, widely distributed abroad for treating diarrhea, has been linked to nervous system complications.

Think about immunizations. Consult your health care professional weeks in advance, as some of the immunizations you may need are administered over weeks or months.

Consider altitude. Even healthy, athletic people become ill at altitudes above 10,000 feet. Young children are especially at risk. People with chronic heart and lung disorders should consult a physician before traveling to altitudes above 3,000 feet.



While in Developing Countries

Avoid tap water in all forms. This includes ice, water by the glass or in mixed drinks, and water used when brushing your teeth.



- Water may be contaminated by amoebas and other parasites, and the virus that causes hepatitis.
- Even a small amount of infected water can make you ill.

Drink safe beverages. These include:



- Boiled water – one minute of boiling is adequate.
- Hot beverages – these are relatively safe even if full boiling is not assured.
- Sealed bottled water – carbonated water is the best guarantee that the bottle was just opened and not filled at the tap.
- Sealed canned beverages
- Treated water – commercial iodine or chlorine tablets provide substantial protection if added to tap water and allowed to stand according to directions.



Avoid raw fruits and vegetables. This includes salads and uncooked vegetables as these may have been rinsed with tap water and may be contaminated. Eat only food that has been cooked and is still hot, or fruit that you have washed in known clean water and that you peeled.

Other foods to avoid include:

- **Raw** or **undercooked** meat, poultry, fish, and eggs
- Dairy products from small independent vendors
- Food that has been left unrefrigerated, especially food containing meat, poultry, eggs, and dairy products.



Eat safe foods. These include:

- Thoroughly cooked fruits and vegetables
- Fruits with a thick covering (citrus fruits, bananas, and melons), which you peel yourself
- Thoroughly cooked meat, poultry, eggs, and fish. (Pork and lamb should be well done; beef can be medium)
- Dairy products from large commercial dairies



If you do become ill, contact the U.S. Embassy of the country that you're in to obtain reliable medical resources.

Illnesses to be Wary Of



Diarrhea.

- The most common cause of tourists' diarrhea can be treated with over-the-counter, "upset-stomach" products. Buy these before you leave.
- Effective drugs that control the frequency of diarrhea include Lomotil (diphenoxylate), Imodium (loperamide), and Kaopectate.
- Be cautious in using these products early in your illness as they can stop the normal body response and prolong your recuperation.

Adequate fluid intake is essential to preventing dehydration. Find reliable medical help if you have severe abdominal cramps, severe abdominal pain, high fever, blood or mucus in your stool, and/or severe dehydration.



Respiratory diseases. Many diseases—including influenza, tuberculosis, and diphtheria—are spread through sneezing, coughing, or talking. Consult your physician about testing and immunization.

Mosquito-borne diseases. These include malaria, yellow fever, dengue, zika and Japanese B encephalitis. To avoid mosquitoes:

- Bring plenty of liquid mosquito repellent with at least 30 percent of the active ingredient Diethyl-toluamide (DEET).
- Wear long sleeves and long pants.
- Sleep in a bed protected by mosquito netting, if needed.



Schistosomiasis. Swimmers need to know that many freshwater ponds in South America, Africa, and Asia are infested with a parasite that causes a chronic disease called schistosomiasis. Chlorinated pools and salt water are generally safe from infectious diseases.

Travel Smart

- Wash your hands often with soap and water or use an alcohol-based hand gel.
- Do not touch animals, and do not let your children touch animals, especially monkeys, dogs, and birds.
- See a doctor right away in these situations:
 - You get an animal bite or scratch.
 - You get sick with a fever or flu-like illness during your trip.
 - You get sick with a fever or flu-like illness soon after your trip. Tell your doctor about your travel history.

