

# Travel Health Tips

Summer term is nearly upon us and with it comes time for many students to take a break from their normal semester routines to travel abroad. Regardless of if they are traveling as part of a study abroad trip or just a regular vacation, if they are leaving the country please share these basic travel health tips with your student.

## ***Basic Health Tips While Traveling Abroad***

- Wash your hands often with soap and water, especially after coughing or sneezing.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Avoid touching your eyes nose or mouth.
- Try to avoid close contact with sick people.

## ***Risky Foods***

Avoid the airline food if it comes from a country where food precautions are not used. To prevent food or water-borne illnesses, it is also recommended that you avoid:

- Uncooked vegetables & fruits
- Unpasteurized milk & cheese products
- Undercooked meat, eggs, fish & seafood
- Cooked foods left standing out for 2+ hours

## ***Medications***

You can prepare for your trip by packing some common over-the-counter medications and your written prescriptions with you in your carry-on bag. Always be aware of where you have stored your medications in case they are quickly needed.

- Pack enough of your prescription for the entire stay.
- Keep meds in their original containers.
- Bring copies of the written prescriptions with you.
- Buy recommended OTC drugs in sample sizes and keep them in their original containers.

## ***Water Safety***

- Steer clear of tap water and ice cubes.
- Do NOT swallow bath water.
- Drink from unopened, sealed bottles.
- Wipe cans clean before opening them.
- When you drink coffee or tea, make sure they are steaming HOT!

For more travel health tips download our Travel Health Guide at <http://bit.ly/SHSTravelHealth>.