

## WHILE THERE

On arrival, as soon as you check into your hotel room, locate the **fire exits**, and consider depositing all valuables in a safe-deposit box.

While **sightseeing**, avoid poorly lit areas and side streets, and do not take shortcuts. **Smart move:** Map out the safest routes ahead of time.

Before getting in your **car**, search the back seat and floor, and lock the doors immediately after getting in — before fastening your seat belt. Keep suitcases and other “giveaways” out of sight.

Drive carefully. **Traffic** wrecks are a leading cause of death and injury for tourists traveling in unfamiliar areas. When possible, rent vehicles fully equipped with the latest safety devices; or use a taxi or shuttle service. **Tip:** If traveling with a child, bring your own safety seat.



## Smart Eating While Traveling

**Take time for breakfast.** Researchers found that people who skipped their morning meal had high levels of fatigue just four hours after waking. **Smart start:** a whole-grain cereal with fruit and nonfat milk.

**Eat for energy and alertness when you need it.** Whether you're grabbing a quick bite at the airport or snacking on the plane, choose protein-rich foods to help you stay alert. **Ideas:** trail mix or nuts, seeds or fruit for snacking; a salad or turkey sandwich is even better.

**Resist heavy meals.** Eating heavy meals, especially in the evening, can keep you from getting good sleep. Don't toss out your healthy diet goals just because you're traveling. Stick to smaller meals. And don't forget to drink plenty of water daily to avoid dehydration, which can make you feel tired.

## 5 Ways to Ease Travel Stress

Frequent travelers have a lot to deal with — jet lag, work demands, fatigue and family disruptions to name a few. Add to that security hassles and delays at airports, traffic problems and rudeness from fellow travelers. Travel stress can become pretty unpleasant — especially for the most experienced travelers.

**Stress busters for the busy traveler:**

**1. Avoid rushing.** When making transportation connections, leave early enough to handle traffic and other unexpected delays. If you arrive earlier than necessary, make use of the extra time for relaxing or adjusting to the transition of the trip.

**2. Stay in touch.** No matter how many miles separate you from friends and loved ones, take a few minutes to reconnect and share the events of the day.

**3. Watch what you eat.** Use good judgment when eating out. Hot foods should be steaming hot versus lukewarm. If you're traveling to destinations where sanitation or water treatment is questionable, avoid fresh produce (salads, fruits and vegetables); uncooked foods; cold cuts, shellfish and dairy products; and tap water and ice. **Tip:** Ask your health care provider about recommendations for travelers' diarrhea.

**4. Exercise.** One of the best stress relievers is a half-hour of moderate physical activity such as cycling, jogging, walking or swimming. Your hotel may have a workout facility onsite.



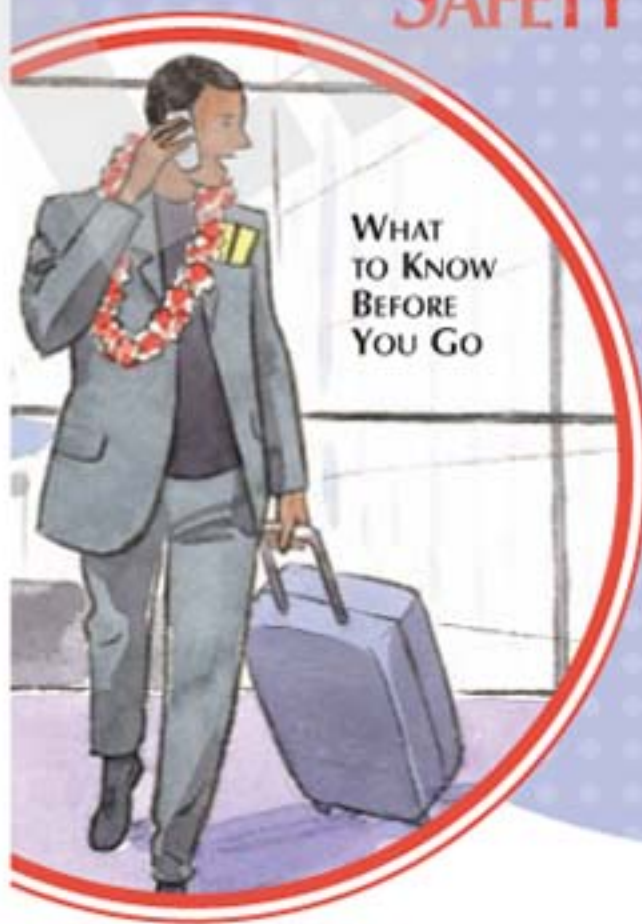
**5. Bring a sleep kit.** Lack of sleep (due to hotel noise, for instance) can leave you irritable and more vulnerable to stress. Consider bringing a set of earplugs, eye shield and a neck pillow to aid comfort.

**Final thought:** Don't cram too much into your trip. Stress can weaken your body's defense systems. Plan a “transition” time and, when possible, try to return at least one day before you'll need to resume your normal schedule.

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BUSINESS OR PLEASURE:

# TRAVEL HEALTH & SAFETY



WHAT  
TO KNOW  
BEFORE  
YOU GO

## WHAT TO KNOW BEFORE YOU GO

Traveling for business or pleasure can be fun, but it requires careful attention to your personal health and safety. Whether you're planning a quick trip or a long journey, be prepared for extra demands on your body and its natural defenses.



Risks run greatest for international travelers, especially those visiting developing countries. But no matter where you are going, planning ahead and taking appropriate precautions during your stay will help you have a fulfilling trip, and a safe, healthy return home.

## Jet Lag Self-Defense

**Schedule.** When choosing your flights, remember: Traveling east, fly early if possible. Traveling west, fly late.

**Rest.** Get plenty of sleep, and eat lightly 1-2 days before your trip.

**Stay hydrated.** Drink lots of water during your flight and upon arrival. Avoid alcohol and caffeine, which can cause dehydration, a major contributor to jet lag.

**Reset your watch.** Halfway through your flight, set your watch to your destination time. This can help you adjust to the new time zone.

**Get outside.** Daylight helps the body adjust to time changes. So if you arrive at your destination during the day, stay outdoors as much as you can.

*One of the best ways to avoid germs and getting sick*

*on a trip is to wash your hands often with warm, soapy water. If soap and water are not available, keep a waterless, alcohol-based hand gel with you.*

## BEFORE YOU GO

Check your **health insurance plan** to learn what it does and does not cover in case you need treatment while traveling out of your local area.

Call your **health care provider** if you plan to travel to a developing country to discuss whether you need immunizations or booster shots. **Important:** Call 2-3 months ahead to allow time for vaccinations that can't be taken close together. Ask about options for managing motion sickness and traveler's diarrhea. And consider a dental exam before a long trip.

To prevent delays at the airport, check **regulations** regarding carry-on luggage, transporting medications and bringing other essential items onboard. If you have an ongoing health problem, ask your physician to write an explanation about it and carry it with you.

Bring an extra pair of **glasses or contact lenses** if you wear them, and carry a copy of your lens prescription.

Check ahead with your airline for in-flight dining options if you're on a **special diet**.

Carry important **contact information** in your wallet, such as the name and phone numbers of your physician, health insurer, employer and a close relative. Include your physician's fax number. If you're traveling abroad, bring the number of the local U.S. embassy.

Make **copies** of your passport and airline tickets. Keep them separate from the originals.

Never pack **valuables or essential items** in the luggage you plan to check with your air carrier. For example, keep your laptop and prescription medicine in your carry-on bag — along with a quick change of clothes in case your luggage gets lost.



## Up-to-Date Advisories for Travelers

Centers for Disease Control and Prevention:  
[www.cdc.gov/travel](http://www.cdc.gov/travel)

Department of State: <http://travel.state.gov/>



## ON YOUR WAY

When flying, if you're prone to **motion sickness** request a seat over the wing or toward the front of the plane, where the ride is smoother.

On cruises, battle **seasickness** by eating light, standing in the center of the deck, and avoiding tobacco smoke and other strong odors.

Before departure, read the carrier's **safety guide**. Get familiar with the emergency exit locations, and count the number of rows or cabin doors between you and the nearest exit.

On long trips, wear **loose clothing** for comfort. Try a U-shaped pillow for your neck and a small pillow for lumbar support of your lower back.

On **lengthy plane rides**, avoid crossing your legs, and take hourly walks down the aisle when permitted. **Why:** This reduces the risk of blood clots in the legs that can result from sitting for long periods of time.