

## Tips for keeping your family healthy and happy wherever you may roam!

### TRAVELER ALERT!

1 in 4 travelers experience an illness or injury, so it's important to be safe, protect your health and be prepared in case you need medical treatment.

#### PLAN AHEAD

- If you're traveling to a small city, know where the nearest large city is in case of a medical emergency.
- If you have a medical condition, ask your doctor to recommend a physician or hospital in case you need treatment.

#### MEDICATIONS & INTERNATIONAL TRAVEL

- As a general rule, don't bring medication into the U.S. that was purchased in other countries. It may be legal to purchase, but illegal to transport. If in doubt, check with the U.S. consulate.
- Take care when purchasing medications in other countries. Some countries don't have the same drug standards and may not adhere as strongly to regulations and expiration dates.
- Always know the generic name of your medications - the brand name may not be recognized.

#### TAKE CARE OF YOUR HEALTH

- Try to adhere to your health routines – especially if you're following a treatment plan for a medical condition.
- The primary reason for medical treatment for travelers is injury due to accidents. Take basic safety precautions – don't drive in unfamiliar areas at night, avoid unsafe areas and take care when engaging in recreation activities that are new to you.

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### TRAVELER'S CHECKLIST

#### GET PHYSICAL AND DENTAL EXAMS

- Tell your doctor about your travel plans.
- Ask about immunizations you may need.
- Ask about care and treatment of any medical conditions you have.
- Get an extra supply of your prescription medications.
- If you have a medical condition, ask your doctor to recommend a physician or hospital where you will be traveling, in case you need treatment.

**Other questions for your doctor or dentist:**

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#### CHECK YOUR HEALTH INSURANCE

- Ask about out-of-state coverage.
- Ask about international coverage (if traveling out of the country).
- Find out how to get emergency medical treatment, if you need it.
- Look into travel insurance if your coverage does not apply.

**Other insurance issues:**

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#### RESEARCH YOUR DESTINATION

- Check on pollen counts if you have asthma or allergies.
- Locate nearby hospitals or medical centers, especially if traveling to less populated areas.
- Check on water and food supply and take appropriate safety precautions.

#### ASSEMBLE YOUR TRAVELER'S HEALTH KIT

- A written copy of your health information.
- Copy of your birth certificate.
- Copy of your health insurance card.
- Prescription medications in their original containers.
- 1 week extra supply of medications.
- MedicAlert® bracelet if you have a medical condition.
- Allergy reaction kit (anaphylaxis kit)
- Spare eyeglasses or contacts
- Treatment equipment or supplies for any medical conditions

**Keep this kit in your carry-on luggage and with you at all times.**