## Health and Safety Tips for Travel

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<td><strong>Before leaving</strong> - Scan passport, visa, and all other important documents and email them to yourself</td>
<td>Use safe forms of transportation – no motorcycles, scooters, or vehicles without seatbelts</td>
<td>It is always best to prepare your own food if you have access to kitchen facilities</td>
<td>Avoid staying in places that don’t have screens on the windows or air conditioning</td>
<td>Extra pair of glasses in case of loss or can’t wear contact lenses due to dust, allergies, or pollution</td>
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<td>Check CDC and State Dept sites for any updates</td>
<td>Stay off the backs of trucks or tops of buses</td>
<td>Drink bottled or boiled water only</td>
<td>Wear long sleeves and pants when possible</td>
<td>Any personal prescriptions, records, or required letters from your provider</td>
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<td>Make sure you have adequate travel insurance. It should cover the cost of evacuation in the event of an emergency. <strong>Seek care immediately for any animal bite or fever.</strong></td>
<td>Avoid alcohol while driving</td>
<td>You only need to boil water for 1 minute</td>
<td>Wear shoes with socks, avoid sandals</td>
<td>Medications for chronic conditions even if you are currently asymptomatic especially true for travelers with allergies or asthma since a new environment can trigger symptoms</td>
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<td><strong>Travel in numbers</strong></td>
<td>Never swim alone or at night</td>
<td>Avoid ice unless made from bottled or boiled water</td>
<td>Avoid wearing perfume or scented products</td>
<td>2 Epi-pens if severely allergic or if traveling in a remote area without access to medical care</td>
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<td>Inform someone of your whereabouts at ALL times</td>
<td>Watch for jellyfish, sea anemones, and coral</td>
<td>Brush your teeth with bottled or boiled water</td>
<td>Use DEET 30% (Ultrathon or Sawyer CR) or Picaridin 20% on exposed skin</td>
<td>Antihistamine (Benadryl, Chlor-Trimeton, or Zyrtec)</td>
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<td>Wear attire that helps you blend in with the rest of the population</td>
<td>Try to swim only in chlorinated pools or near unpolluted beaches with a lifeguard present</td>
<td>Drink soda or juices from sealed bottles, cans, or cartons</td>
<td>You may need to use repellent around the clock. Mosquitoes that transmit malaria (<em>Anopheles</em> mosquitoes) are generally night biters, while mosquitoes that transmit dengue (<em>Aedes</em> mosquitoes) are generally day biters</td>
<td>Sun screen, lip balm</td>
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<td>Avoid alcohol or drugs and monitor your drinks</td>
<td>Mountain climbing, rafting, diving, and spelunking require specialized training and equipment, please use reliable sources and consult your travel clinic staff</td>
<td>Eat cooked foods – avoid cooked foods that have uncooked garnishes on top</td>
<td>If you are visiting a malarial area and are camping or staying in a hotel without screens, use a bed net impregnated with Permethrin. Permethrin can also be sprayed on sleeping bags and clothing</td>
<td>Analgesic (Advil or Tylenol)</td>
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<td>Avoid situations that leave you vulnerable to pick-pockets</td>
<td>Be alert for unexpected objects or animals while driving, especially at night</td>
<td>Avoid street foods, buffets, and salad bars</td>
<td>If you are staying in an area with ticks, perform a full-body check every day</td>
<td>Decongestant (Afrin or Sudafed), saline spray</td>
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<td>Use a money belt and wear it under your shirt</td>
<td>Be alert while walking, construction areas are often unmarked</td>
<td>Most other types of water purification (iodine tablets, filters, etc.) do not remove all pathogens</td>
<td>Anti-diarrheal medication (Imodium, Pepto-Bismol)</td>
<td></td>
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<tr>
<td>Avoid wearing expensive jewelry or clothing</td>
<td>Avoid all animals – any mammal can carry rabies, seek care immediately if exposed</td>
<td>Wash all raw fruits and vegetables in bottled/boiled water and then peel them</td>
<td>Bandages, tape, Ace wrap</td>
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<tr>
<td><strong>Use condoms</strong></td>
<td>Avoid driving at night</td>
<td>Avoid unpasteurized diary products</td>
<td><strong>Thermometer, tweezers, scissors</strong></td>
<td></td>
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</table>
Travel Medical Kit

**Must Haves:** thermometer, antihistamine, insect repellent, sun screen, personal medications especially asthma meds, extra pair of glasses (details below)

**Suggested Items:** See below for additional items based on individual needs

### First Aid Supplies
- **Band-Aids®, gauze wraps, tape, duct tape, steri-strips, ace wrap**
- **Mole skin, safety pins, tweezers, scissors, cotton tip applicators, magnifying glass, Swiss Army™ knife in checked baggage**
- **Bar of soap or hand sanitizer, disinfectant for cuts/scrapes (Hibiclens®), sealable plastic bags, non-latex gloves**
- **Thermometer – especially if going to any malaria area**

### Insect/Animal Protection – For examples see [www.sawyer.com](http://www.sawyer.com)
- **Insect repellent (Ultrathon®, 30-35% DEET®, picaridin 20%)**
- **Permethrin spray (20% or higher)**
- **Mosquito netting (pretreated with permethrin) with mesh no larger than 1.5mm**

### Heat/Sun Protection
- **Sunscreen, use broad spectrum (UVA and UVB protection), SPF>30**
- **Water bottle**
- **Hat, sunglasses, + extra pair**

### Water Purification
- **Heating coil and/or filter (Lifesaver Bottle®)**
- **Iodine, chemical purifiers (less effective than boiling water for 1 minute)**

### Medications
- **Personal prescriptions – best if packed in carry-on luggage**
- **Adequate supply of medication/each in individual labeled storage containers**
- **Extra packages of oral contraceptives**
- **Copy of each prescription**
- **Generic names of all medications**
- **Epipen 2 Pak - epinephrine auto injector if indicated**

### Travel Prescriptions
- **Anti-malarial, anti-diarrhea, altitude sickness prevention, motion sickness prevention (patch)**

### Topical Medications
- **Lubricating eye drops (Refresh®, Systane Eye Lubricant®)**
- **Nasal saline or decongestants (4-Way®, Ocean Spray®, Afrin®) for air travel**
- **Vaginal yeast medication (Monistat®, Lotrimin®) 3 or 7 day treatment**
- **Antifungal ointment/powder (Zeasorb®, Lotrimin®, Desenex®)**
- **Hydrocortisone cream 1% (Cortisone Cream® for skin Anusol HC® for hemorrhoids)**
- **Antibiotic ointment (Bacitracin®, Neosporin®)**

### Other OTC Medications
- **Analgesics/anti-inflammatory/anti-fever meds (ibuprofen Advil®, naproxen Aleve®)**
- **Analgesics/anti-fever (acetaminophen Tylenol®, Metyrapone®, Panadol®, Dyclonine®, Zantac®)**
- **Antacids (Mylanta®, Maalox®, Zantac®)**
- **Decongestants (Sudafed®)/cough suppressants (Robitussin Extra Strength®)**
- **Anti-constipation: (bulk laxative - Fibercon®, Metamucil®, Citrucel®, laxative MiraLAX®)**
- **Anti-diarrheal (Imodium®, Pepto-Bismol®)**
- **Oral rehydration packets**
- **Vitamins**

### Other Items
- **Condoms**
- **Extra glasses, copy of prescription**
- **Contact lenses and case, cleaning/wetting solutions (note: contact lenses may be inappropriate in some environments)**
- **Dental floss**
- **Feminine hygiene supplies**
- **Toilet paper/facial tissues in small packets/toilet seat covers/personal care wipes**
- **Flashlight and batteries (LED only)**
- **Electrical plug adapter, current converter**
- **Hand cleansers in small bottles (Purell®)**
- **Addresses/phone numbers of local hospitals and clinics**
- **Addresses/Phone numbers of personal primary care clinician and/or Stanford Travel Clinic 650-498-2336**
- **Insurance card with phone numbers including On-Call International or International SOS number if covered**
- **First Aid Manual**
- **Local US embassy/consulate locations and phone numbers**

**Note:** Brand Names © are in italics and are suggestions only.

Updated Jan. 2018, Julie Richards, NP