



Staying Healthy When You Travel Abroad



Overview

Before you pack bags for a trip, consider your health. When you travel outside of your country, you may be exposed to parasites and diseases that your body isn't protected against. And you may not find the medical care you're used to. Fortunately, you can take a few simple steps to protect your health.

Vaccines

First, do a little research. Find out what diseases are common where you're going. Then, get vaccinated for them. Consider seeing a doctor who specializes in travel medicine. And look up contact information for your embassy or consulate. If you get sick or hurt on your trip, that's where you can get help.

Doctor's note

Next, if you have a medical condition, have your doctor write a note that describes it. The note should list treatments you need and any medications you take. You'll need to take your prescription and over-the-counter medications with you. Pack a supply that will last for the whole trip, and then pack extra in case you need it. Pack your medications in your carry-on luggage so you always have them with you.

Travel wisely

Finally, travel wisely. If the local food and water isn't safe for travelers, you'll need to be very careful about what you eat and drink. Stay away from unfamiliar animals. Use bug spray. And write down a few key phrases in the local language that you may need in an emergency. By following these tips, you can enjoy safe travels.

