

TRAVEL HEALTH TIPS

- **Avoid Bug Bites**

- **Use Insect Repellent**

- For protection against ticks and mosquitoes, use a repellent that contains 20 percent or more DEET with protection that lasts up to several hours
- Products containing DEET include Off, Cutter, Sawyer and Ultrathon
- If you are also using sunscreen, apply sunscreen **first** and insect repellent **second**

- **Prevent Bites**

- Cover exposed skin by wearing long-sleeved shirts, long pants and hats
- Use a bed net if the area where you are sleeping is exposed to the outdoors
- Avoid wooded and brushy areas with high grass, brush, and leaves

- **Avoid Bed Bugs** (Although bed bugs **do not** carry disease, they are an annoyance. Take the following precautions to avoid them):

- Inspect your accommodations for bed bugs on mattresses, box springs, bedding and furniture
- Keep suitcases closed when they are not in use and try to keep them off the floor
- Keep clothes in your suitcase when you are not wearing them
- Inspect clothes before putting them back in your suitcase

- **Food and Water Safety**

Eat	Avoid Eating
Food that is cooked and served hot	Food served at room temperatures
Hard-cooked eggs	Food from street vendors
Fruits and vegetables that you have washed in clean water or peeled yourself	Raw or undercooked (rare) meat or fish
Pasteurized dairy products	Unwashed or unpeeled raw fruits and vegetables
	Condiments made with fresh ingredients
	Salads
	Flavored ice or popsicles
	Unpasteurized dairy products

Drink	Avoid Drinking
Water, sodas or sports drinks that are bottled and sealed (carbonated is safer)	Tap or well waters
Water that has been disinfected (boiled, filtered, treated)	Fountain drinks
Ice made with bottled or disinfected water	Ice made with tap or well water
Hot coffee or tea	Drinks made with tap or well water (such as reconstituted juice)
Pasteurized milk	Unpasteurized milk

- **International Road Safety**
 - **Always wear seatbelts and put children in car seats**
 - **When possible, avoid riding in a car in a developing country at night**
 - **Don't ride motorcycles. If you must ride a motorcycle, wear a helmet**
 - **Know local traffic laws before you get behind the wheel**
 - **Don't drink and drive**
 - **Ride only in marked taxis that have seatbelts**
 - **Avoid overcrowded, overweight, or top-heavy buses or vans**
 - **Be alert when crossing the street, especially in countries where people drive on the left**