

BEFORE TRAVELING

International trips, particularly those with destinations to developing countries and rural areas, may pose a risk to your health. The risks will depend on the place you'll be visiting, the activities you will be engaging in, your health situation and immunizations. Regardless of where you plan to go, you should get vaccinated to reduce the likelihood of contracting and spreading any disease.

Remember to:

- Consult your physician at least 4 to 6 weeks before your international trip so you can get any vaccines you may need and allow your body time to build immunity.
- Find out about any medications you may need at your destination.
- Learn about specific diseases you may be at risk for during your trip.
- Be careful with what you eat and drink during your trip.
- Use an insect repellent.
- Wash your hand, whenever possible, with soap and water and, if that is not possible, use an alcohol-based hand sanitizer.
- Avoid touching animals (monkeys, dogs and birds).
- If you're pregnant, make sure that your destination is not a high risk Zika area.

Your health is important. Learn about any vaccines you may need before traveling abroad.

SEE THE INFOGRAPHIC
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FOOD & BEVERAGE SAFETY FOR THE INTERNATIONAL TRAVELER

What's Safer & What's Not

Unclean food and water can cause travelers' diarrhea and other diseases. Travelers to developing countries are especially at risk. In otherwise healthy adults, diarrhea is rarely serious or life-threatening, but it can certainly make for an unpleasant trip. Take steps to avoid diarrhea when you travel.

TRAVELERS' HEALTH
TRAVEL SAFE. TRAVEL SMART



Water, sodas, or sports drinks that are bottled and sealed (carbonated is safer)

Hot coffee or tea

Food from a factory sealed package or container

Hard-cooked eggs

Meat that is cooked all the way through

Fruits and vegetables you have washed in clean water or peeled yourself

Pasteurized dairy products like milk

"Dry" foods like bread or crackers

Food that is cooked and served hot

Food served at room temperature

Raw or undercooked (rare) meat or fish

Unwashed or unpeeled raw fruits and vegetables

Water or ice made from the tap or a well

Unpasteurized dairy products

Fountain drinks

Raw or soft-cooked (runny) eggs

Flavored ice or ice pops

Food from street vendors

"Bushmeat" (monkeys, bats, or other wild game)

Salads

Kwabla's famous monkey on a stick!
Tastes just like chicken