

## Traveler's Health

Whether you are traveling for business or pleasure, it is important to follow certain precautions to remain healthy during your trip and after your return.

### Before Your Trip

Take steps to anticipate any issues that could arise during your trip. The information in this section will help you plan for a safe and healthy trip.

- **Learn about your destination.** Certain destinations require specific medications and vaccinations. It is important to find out which precautions should be taken before you leave.
- **See a health care provider before you travel.** See your health care provider at least four to six weeks before your trip. This is especially important if you need vaccinations before travel because it allows time for the vaccinations to become effective. Also, ask about routine vaccinations you may need.
- **Think about your health status.**
  - Do you have any recent illnesses, injuries, conditions or recent surgeries that may prevent you from traveling?
  - Do you have any special health needs? (Babies and small children, pregnant women, people with disabilities and people with weakened immune systems).
- **Consider these questions to ask your health care provider:**
  - Do I need any new vaccines?
  - I recently got out of the hospital. Can I still go on this trip?
  - I am pregnant—is there anything special I need to do before I travel?
  - Are there any medications I should have for traveler's diarrhea? Motion sickness? Malaria? Altitude sickness?
  - Is there anything I can do to prevent jetlag?

### Packing and Planning

No one wants to think about getting sick or hurt during a trip, but sometimes these things happen. You may not be able to prevent every illness or injury, but you can plan ahead to be able to deal with them.

- **Pack smart.**
- **Plan ahead for illnesses or injuries** during your trip.
- **Know what to do if you become sick or injured** on your trip.
- **Know and share important information** about your trip.
- **Know your health insurance coverage outside of the United States.**
  - Consider purchasing travel insurance.
- **Prepare a health travel kit with prescription and non-prescription medications** that you may need.

### During Your Trip

It is important to practice healthy behaviors during your trip and after you return home. This section outlines how you can protect yourself and others from illness during your trip.

- **Pay attention to your health during your trip.**
  - **Don't touch animals**, especially monkeys, birds, and dogs.

#### Public Health Division

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- **Use sunscreen** with UVA and UVB protection.
- **Use insect repellent** with DEET or picaridin when outdoors.
  - In malaria-risk areas, make sure you sleep in an air-conditioned or screened room or under a bed net.
- **Be careful what you eat and drink.** Only eat fully cooked food that is served hot.
  - This includes fruits and vegetables unless you can peel them yourself.
  - Eat and drink only pasteurized dairy products.
  - Drink only beverages that are bottled and have a seal that is unbroken (bottled water, sodas, etc.).
  - Do not use ice in any drinks.
- **Limit alcohol intake;** do not drink alcohol and drive.
- **Wash your hands** often or use an alcohol-based hand sanitizer.
- **Wear a seatbelt.**
- **Wear protective gear** when doing adventure activities.
- **Follow local laws** and customs.
- **Monitor your health once you return from your trip.** Please see your health care provider if you have fever, diarrhea, new onset headache, yellow skin or other illness that is new to you in times recently following your trip.

**For more information about traveler's health, please visit** <https://wwwnc.cdc.gov/travel/> or contact the North Dakota Department of Health and Human Services', Division of Public Health, at 800.427.2180.

Resources:

1. Centers for Disease Control and Prevention. CDC Health Information for travelers (2023 May, 12) *CDC travelers advice. Centers for Disease Control and Prevention*. Retrieved June 1, 2023, from <https://wwwnc.cdc.gov/travel/page/traveler-information-center>