

Traveler's Advice

- Trauma accounts for 25% of deaths. BE CAREFUL!!!!

Traveler's Diarrhea

Risky foods

- Raw or undercooked meat and seafood
- Raw fruits and vegetables
- Tap water, ice, unpasteurized milk and dairy products
- Quiches and casseroles prepared earlier in the day and reheated before serving

Symptoms:

Twofold or greater increase in frequency of unformed bowel movements and abdominal cramps, nausea, bloating, urgency, fever, malaise

Treatment:

Bismuth subsalicylate 1 oz of liquid or 262mg tabs every 30 min for 8 doses

Imodium 4mg X1 then 2mg after each loose stool (Max 16mg/day)

- Avoid antimotility agents (Imodium) if: high fever, blood in stool, or symptoms > 48 hrs

Treat with antibiotics only if symptoms are severe

Jet Lag

Melatonin: not proven but may help, usual dose 3-5mg

Take for eastbound travel at local bedtime for 6 nights after arrival

For westbound travel at local bedtime for 4 nights after arrival

Malaria Prevention

- Avoid outdoor nighttime activity if possible
- Wear long sleeved clothing and long pants if out at night
- Use insect repellent to exposed skin containing 20-35% DEET
- Use mosquito net over bed and treat with permethrin
- Spray insecticide or repellent on clothing and in the bedroom

Here are some tips to help you stay healthy when you travel to other countries:

Before you go:

- Make sure you are up to date on your flu, COVID and tetanus shots
- Be prepared. Find out what your health insurance will pay for if you see a doctor while you're in another country. Carry enough of your regular medicines in their original containers, along with extra prescriptions for them and also eyewear prescriptions. Wear a medical information bracelet if needed. Take along a first-aid kit (see following page).

While you're traveling:

- Eat carefully if you're going to a country with an increased risk of traveler's diarrhea. Steaming-hot, well-cooked food is usually safest. Avoid eating foods from street vendors, unpasteurized dairy products, and raw or undercooked seafood. Peel fruits yourself. Drink water from commercially sealed bottles or drink carbonated beverages. Avoid ice. Brush your teeth with bottles water.
- If you're going to a country with a risk of malaria, take preventive medicine for malaria as prescribed by your doctor. Remember to start taking your malaria medicine before you leave on your trip, take it during your travels and keep on taking it for four weeks after you get home.
- Avoid swimming and other walk activities in freshwater lakes and streams. Schistosomiasis and bilharzia are diseases you might be exposed to in some African stream and lakes.
- If you're going to a country with an increased risk of mosquito-borne disease, protect yourself against insects. Insect repellents that contain deet work the best. Wear permethrin-coated clothing and use bed nets while you sleep.
- Try to avoid taking overcrowded transportation. Try not to ride in vehicles without safety belts. Wear a helmet if you'll be riding a motorcycle. Try to avoid driving at night or in unfamiliar areas without local help and directions.

Things to include in a first-aid kit for traveling:

- International immunization card
- Malaria prophylaxis medications
- Mosquito repellent
- Water purification tablets or water filters
- Oral rehydration salt packets
- Spare glasses or lens prescription
- Antiseptic
- Antifungal powder
- Your prescription medicines, in their original containers
- Medicine for diarrhea and upset stomach. Pack bismuth subsalicylate (brand name: Pepto Bismol), loperamide (brand name: Imodium) and antacids
- Cough and cold medicines, pseudoephedrine tablets, cough syrup
- Pain medications, such as acetaminophen (brand name: Tylenol), ibuprofen (brand names: Advil, Motrin, Nuprin) and aspirin
- Antihistamines for allergies
- Antibiotic ointment, adhesive bandages, hydrocortisone cream, moleskin for blisters, sunscreen with a sun protection factor (SPF) of at least 15 and lip balm
- Medicine for motion sickness, such as dimenhydrinate (brand name: Dramamine)
- Scissors, tweezers, nail clippers, pocket knife, thermometer and mirror

Web sites for more information:

CDC travel medicine site: <http://www.cdc.gov/travel>