

Healthy Travel Tips



Do your research

Stay on top of alerts for your destination.



Wash your hands

Wash your hands regularly. If soap and water are not available, use hand sanitizer.



Spray away

Pack and use EPA-registered insect repellent.



Protect your skin

Use sunscreen with SPF 15 or higher when outdoors and reapply as instructed.



Cover up

Cover your mouth and nose when coughing or sneezing.



Monitor symptoms

Monitor yourself for any symptoms of illness upon return. If symptoms occur, contact your health care provider.