

Healthy Tips For Winter Travel



Prevent illness or injury this holiday season with a few simple tips.

Before You Go



Get vaccinated.

Getting flu shots and updated COVID-19 vaccines a few weeks before you travel can help ensure your holiday isn't ruined by illness.



Make a checklist.

Having a checklist handy in a smartphone app can save you from forgetting to pack an essential item.



Refill prescriptions.

Speaking of packing essentials, don't forget to plan for the whole family having enough medication to last through the trip.



Going Somewhere **Cold?**

Be smart about footwear.

Cozy, waterproof boots or skid-resistant shoes can help prevent frostbite or slips and falls on ice.



Pack layers.

If you're going to be outside frequently, remember to pack clothes that trap heat in and keep moisture out. Wet clothes and cold air can easily lead to hypothermia.



Sip something warm.

It can be easy to forget about hydrating when it's not hot out. Have something warm, such as soup or tea, to ward off the chill and keep your body well-hydrated.

Going Somewhere **Warm?**

Take bug repellent.

Mosquitoes carry diseases such as Zika, malaria and dengue.

Wear sunscreen.

Use SPF 15 or higher and reapply frequently when you're outdoors.

Sip carefully.

Alcohol and sun can be a dangerously dehydrating combination.



Chat with your provider about any health concerns you have about traveling this winter.
Find a provider: weillcornell.org/doctors