

Vacations and Illnesses: **Staying Healthy While Traveling**



No one wants germs as a souvenir from their vacations. Stay healthy while traveling with some anti-germ travel tips.

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Before you go:

- Find out what your health insurance will and won't cover. Consider travel insurance if your coverage is limited.
- Ensure your vaccines are up to date. If traveling abroad, plan for any needed shots well in advance.
- Pack a first-aid kit.
- Research healthcare options in your destination.
- Pack all your medications (and get refills before you leave). Know where to get refills if you're traveling to a new area.



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While you're there:

- Be diligent of what you touch in public places.
- Only consume clean or bottled water and cooked food.
- Use insect repellent and sunscreen.
- Wash or sanitize your hands frequently.

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Germs, unfortunately, don't care that we're on vacation. So, if you do get sick while traveling:

- Rest, drink plenty of fluids and skip planned activities to avoid spreading any germs.
- Consider telehealth options with licensed doctors.
- International travelers can call the nearest U.S. embassy or consulate for recommendations.
- Find resources for trusted medical providers via the CDC website.



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If you're still ill after you get home, visit your primary care provider. Make sure you tell them about:

- Any bug bites
- Any sexual encounters
- Exposure to animals
- Health care you received on the trip
- What you ate and drank
- Where you went, especially if you left the country
- Your travel activities, such as hiking or swimming

**Not feeling so great after a trip?
Find a Weill Cornell Medicine provider who can help:
weillcornell.org/doctors**