



TRAVEL TIPS

****Never put your medication or important information in your luggage that leaves your possession. When traveling by plane, bring your meds and your brief medical history with you in your carry-on luggage.****

- ✚ Talk with your doctor about your travel plans. Make sure to get any prescribed medication so it lasts your entire trip. Also, ask for a doctor referral for the country you are visiting.
- ✚ Get special written request from your doctor, if needed, for liquid medicines to be refrigerated on airplane flights.
- ✚ Make sure you have enough medication for your trip. It is often difficult to fill prescriptions outside of your local area.
- ✚ Check any health advisories in all parts of the world at www.cdc.gov/travel/index.htm
- ✚ Make sure your health insurance will cover you when you travel abroad.
- ✚ Be careful of the water! Always drink bottled water wherever you go. Every country has different bacteria that their native digestive tracts are used to while your may not be.
- ✚ Beware of exotic foods. Your digestive system may not easily handle such changes in diet, so check with your doctor before you leave if you want to sample the local cuisine.
- ✚ Make sure you have appropriate accommodations, such as bathrooms for long trips. Bring toilet paper or wipes with you, don't get stranded empty handed.
- ✚ Be knowledgeable of some basic language in the country you are visiting: especially phrases like "Where is the bathroom?" or words like "hospital, pharmacy or doctor".
- ✚ Keep a few handy nutritional supplements around in case you find yourself in need of a meal while in transit. This is probably not the best time to be skipping a meal.

PLAN FOR MEDICAL EMERGENCY

Before traveling, discuss with your doctor how best to handle a medical emergency in the area to which you are traveling. Please record below important numbers in the area to which you are traveling (doctors, hospitals, etc.).

IMPORTANT NUMBERS	
International Assn. for Medical Assistance	1-716-754-4883