

## Top Ten Safe and Healthy Travel Tips

1. Consult a travel clinic at least several weeks before your trip to get advice on your destination and to update your immunizations
2. Make sure that you have travel insurance and that it covers your destination as well as your activities (ie. SCUBA accidents are often not covered)
3. Plan for safe sex while abroad- bring your own condoms and dental dams from home.
4. Consider bringing a first aid kit. Include bandages, an antibiotic cream and any medication you might need (in their original containers)
5. Don't drink the water! Stick to bottled, boiled or filtered (this applies to ice cubes and teeth-brushing too!)
6. If you can't peel, boil it or cook it-don't eat it! Many fruits and vegetables are contaminated by untreated water, bacteria and viruses
7. Prepare yourself for the sun! Bring sunscreen (minimum 15spf), a hat and sunglasses. Stay out of the sun from 11 am to 3 pm and stay hydrated (water and juice-not just alcohol!)
8. Take malaria precautions. If you're travelling to a malarial area make sure that you take malaria prophylaxis, bring mosquito repellent and take measures to reduce nighttime mosquito bites.
9. Be prepared for diarrhea- it's the most common health problem faced by travelers. Bring along some Pepto Bismol, Imodium and rehydration salts. For longer trips, a course of antibiotics may be indicated. Speak to someone at your travel clinic before you leave!
10. Learn about your destination before you go. Look up the contact information for your embassy overseas as well as health care contact information (try [www.iamat.org](http://www.iamat.org)).

**Source:** Kim Crosbie RN BSN, McGill Student Health Services