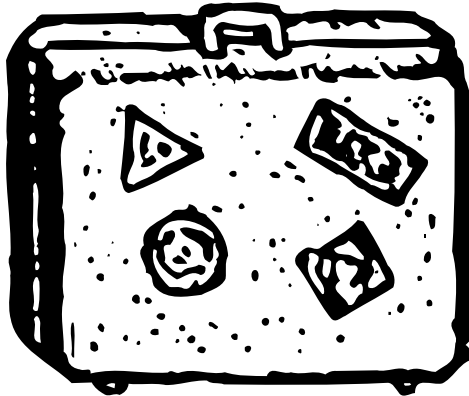


Guidelines for International Travel



If you're planning an international trip, do your homework ahead of time. Depending on the country, there may be preparations you need to make and measures to take while there to protect your health and safety. Always seek pre-travel advice from your doctor, travel agent, library and/or the Internet before an international trip. Even if you've traveled to the destination before, health conditions may have changed.

Here are some of the more common guidelines for international travel. Again, not all of these apply to all countries.

■ **If malaria will be a concern,** get a prescription for a preventive medication and take the first one or two doses before leaving home. This way, if you have an adverse drug reaction your doctor can prescribe an alternative. Follow the dosage instructions faithfully during and for four weeks after your trip.

■ **Take precautions against insects during travel.** Many insect-transmitted diseases can't be prevented by vaccine or drugs.

■ **Assemble a traveler's medical kit appropriate for your destination, length of trip and general health.** Your physician can advise you on what to include. (See Basic Supplies and Medications for a Traveler's Medical Kit, enclosed.)

■ **Be prepared to purify your own drinking water if bottled or boiled beverages are not readily available.** Remember that ice cubes in beverages are a potential source of contamination.

■ **Be careful about what you eat.** Avoid raw or uncooked foods, especially meat, seafood and salads. Also avoid food sold by street vendors. Be sure that milk, cheese, and other dairy products have been pasteurized. Select fruits and vegetables with thick skins you can peel yourself (oranges, grapefruit, bananas, mangos, papayas, avocados).

■ **Don't walk barefoot outdoors, except at poolside or the beach.** Shoes can prevent infection from parasites, fungi, insect bites (chiggers, ticks, sandfleas), and other injuries (snakebites, cuts, puncture wounds).

■ **Don't swim, bathe, or wade in fresh water streams, rivers or lakes in areas that harbor schistosomiasis (snail fever).** If you get wet accidentally in a high-risk area, rapidly towel-dry wet skin to decrease chances of infection.

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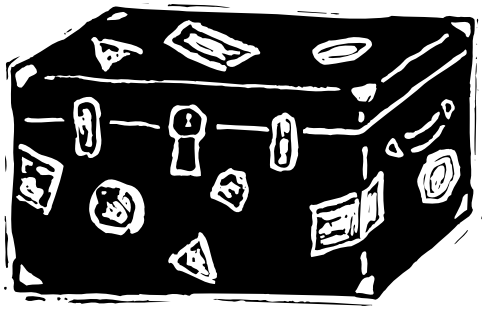
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Ten Guidelines for International Travel

- **Avoid exposure to potentially contaminated body fluids.** Diabetics and others at high risk should carry a personal supply of needles and syringes. Defer elective procedures such as tattoos, ear piercing and acupuncture. Don't engage in illicit IV drug use (risky and illegal at home as well as abroad). Follow safe sex guidelines and recognize that the safest behavior is avoiding intimate contact with strangers.
- **Have a contingency plan for emergency medical care** in the event of accidental injury or serious illness while traveling.
- **Protect yourself from motor vehicle injuries (a leading health risk for travelers).** Avoid riding motorcycles or overcrowded public vehicles (buses, taxis, etc.). Don't drink when driving. Request rental cars with seatbelts when available.

Adapted from materials issued by:

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