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Stay Healthy When You Travel

Before you travel outside the United States, plan ahead to stay healthy and safe on your trip.

Different diseases are common in different parts of the world. Getting certain vaccines and medicines before traveling can protect you from local diseases.

Before you travel to another part of the world, make sure you know about any issues which could affect your health or safety. Check for information about the following.

- ❖ Common diseases (like malaria or hepatitis)
- ❖ Disease outbreaks (like the flu)

- ❖ Food and water safety issues and updates
- ❖ Warnings about natural disasters
- ❖ Security concerns (political unrest or other violence)

Depending on where you are traveling, you may need to drink only bottled water. In places with water safety issues, don't drink or eat the following.

- ❖ Tap water
- ❖ Fountain drinks (soda from a machine)
- ❖ Ice cubes
- ❖ Food from street vendors

Learn about the local laws and customs where you'll be traveling. You can make safer decisions when you know which behaviors are acceptable and which ones might upset people.

Get more tips for staying safe on your trip by visiting <http://travel.state.gov>.



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