

## Staying Healthy and Safe While on the Road

The changing world around us has made travel more complicated, especially internationally. As preparation and awareness can help cut down on travel mishaps, TravelCorp has outlined the following guidelines that can make your business travel safer and healthier.

### The Basics

- If you are traveling on business, review the company's emergency plan before your trip. Contact your supervisor with questions about procedures or how to obtain assistance while traveling.
- Passports are required when leaving the U.S., even to Canada and Mexico. Ensure you have a valid passport with your emergency information filled in.
- Copy your passport identification page to facilitate replacement if your passport is lost or stolen. Carry this copy with you but separate from your passport. Leave a copy with friends or relatives along with your travel itinerary.
- Keep a paper copy of your emergency contacts, including the TravelCorp emergency phone number, in case you have problems with your electronic files or cell phone.
- Check the [U.S. Department of State travel Web site](#) for travel warnings when traveling internationally. Familiarize yourself with local laws and customs of the countries to which you are traveling.
- Check the [U.S. Customs and Border Protection Web site](#) to view the customs requirements of your destination or for returning to the U.S.
- Carry paperwork showing your international shot record, blood type, allergies, medical conditions and special requirements. To check the inoculation

requirements and disease outbreaks in the country you are visiting, check the [Center for Disease Control travel Web site](#).

- Check with your insurance carrier about international medical coverage. Most hospitals in foreign countries do not take credit cards and most will not honor U.S.-based medical insurance plans.
- Keep all credit card receipts and always audit monthly credit card statements to ensure that unauthorized purchases have not been made
- Any cell phone with GSM service can be unlocked by your provider and used globally. The international roaming fees can be found on your provider's Web site. For local rates, a SIM card can be purchased at your destination.

### Before you go

- See your doctor at least 6 weeks before you leave. Some vaccines don't reach the highest protection until about 6 weeks after you get the shots.
- Carry enough medicines, in their original containers, along with extra prescriptions.
- Carry an extra pair of prescription glasses or contact lenses in case yours become lost or damaged.
- If your destination has the risk of malaria, be sure to take preventative medicines, reduce exposed of your skin and apply insect repellents.

## At the Airport

- Get to the airport in plenty of time to avoid preflight stress. Check security wait times for your airport by [clicking here](#).
- If you lock your checked bag, use a TSA-accepted lock in case TSA needs to search your bag.
- Do not leave your luggage unattended.

## In Flight

- Avoid overeating just before and during the flight. It is difficult to digest food when the body is inactive.
- Walk around the cabin every 15 to 30 minutes, if possible, during flights of three hours or longer.
- Do simple stretching exercises while seated.
- Limit alcohol and caffeine, which may contribute to dehydration.

## Curbing Jetlag

- Drink plenty of water and do not drink alcohol.
- Stick with a bland diet.
- Adjust your watch to the destination's time and attempt to adhere to your arrival schedule.
- When possible, plan your travel departing eastbound and returning westbound. It is more difficult to adjust to jetlag flying eastbound.

## At your Destination

- Wash your hands after using the bathroom and before handling or eating food. Carry a bottle of alcohol-based hand gel when facilities are unavailable.
- Avoid eating foods from street vendors, unpasteurized dairy products and raw or uncooked seafood.

- Peel fruits yourself.
- In some third-world countries, it is best to eat only food that has been cooked and is still hot.
- Drink water from commercially sealed bottles or drink carbonated beverages. Avoid ice.

## General Safety Rules

- To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry, and do not carry excessive amounts of money or unnecessary credit cards.
- Use only authorized and licensed taxis or airport limousines to avoid being cheated by local operators.
- When walking, be observant of everything going on around you and use common sense. Walk with a sense of purpose, as if you know where you are going. Do not give clues that you are lost or vulnerable. Avoid isolated or deserted areas.
- Place valuables in the hotel safe instead of your locked hotel room.
- Always keep your room locked, and do not admit anyone without verifying their identity.
- When not in the room, hang a "Do Not Disturb" sign on the door and leave the TV and lights on.
- Swim only in well-maintained, chlorinated pools or ocean water known to be free of pollution. Avoid fresh-water lakes, streams and rivers.
- Reduce problems related to sun exposure by using sunglasses, wide-brimmed hats, sunscreen lotions and lip protection.
- If you become ill after returning home, remember to inform the physician of your travel history.

