

# 10 WAYS TO STAY HEALTHY WHILE TRAVELLING

- Wash your hands with soap and water before eating, or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Use an insect repellent, during both day and night. DEET 30% or icaridin (picaridin) 20% are the most effective options.
- Use sealed bottled water or chemically treated, filtered, or boiled water for drinking and for brushing teeth.
- Consume foods that are fully cooked and served hot, avoid street food and buffets, and avoid unpasteurized dairy. If you can't peel it, boil it or cook it-don't eat it! Many fruits and vegetables are contaminated by untreated water, bacteria and viruses.
- Avoid walking barefoot on sand, dirt, or mud to prevent parasitic skin infections.
- Use sunscreen of at least 30 SPF liberally and often. When using along with insect repellants, apply the sunscreen before applying the repellent. Do not use combination products.
- Do not pet or feed dogs, cats or other domestic animals. Avoid contact with all wild animals, including monkeys.
- Motor vehicle accidents are the top cause of injury and death amongst travelers. Wear a seat belt.
- Purchase travel medical insurance that covers both your destination and your activities, and have that information easily accessible.
- Seek the advice of a travel health professional, including advice on malaria prevention, travellers' diarrhea, and vaccinations.