

TRAVEL HEALTH



BEFORE TRAVEL

- ✓ **See your doctor 4-6 weeks before travel** for pretravel advice, recommended vaccines, and medicines
- ✓ **Prepare a travel health kit** with medications, sunscreen, insect repellent, and a first aid kit
- ✓ **Check the CDC Travel website** for destination-specific guidelines
- ✓ **Consider travel insurance**

DURING TRAVEL

- ✓ **Wash hands often** with soap and water
- ✓ **Use insect repellent**
- ✓ **Take care of yourself:**
 - » Stay hydrated
 - » Select food with care
 - » Drink bottled water
- ✓ **Be aware of germs:**
 - » Stay 6 feet away from anyone who is sick
 - » Avoid crowded areas
 - » Consider wearing a mask

AFTER TRAVEL

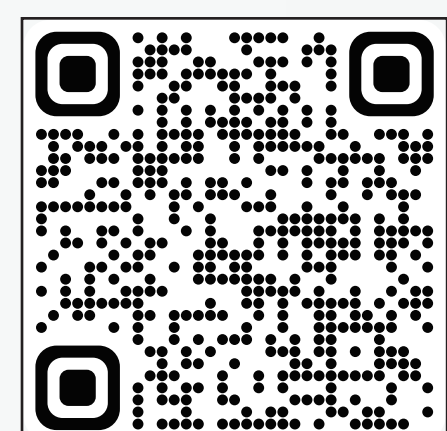
- ✓ **Monitor yourself for symptoms** such as diarrhea, fever, unexplained fatigue, cough, sore throat, rash, or any other severe symptoms for 21 days following travel.
- ✓ **If symptoms occur, let your doctor know** that you are sick and where you have traveled prior to your appointment.



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CDC TRAVEL