



HEALTHY TRAVEL

Tips, information and resources from Franciscan Children's Pediatrics to keep your family safe, healthy and happy during international travel



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Children's
So every kid can.

PACKING LIST

- Basic First Aid supplies
- Prescription medications
- Common over-the-counter medications such as:
 - Acetaminophen (Tylenol)
 - Ibuprofen (Motrin/Advil)
 - Allergy Medicine (Benadryl)
 - Hydrocortisone (for rashes or insect bites)
- Antiseptic wipes for cleaning cuts and scrapes

VACCINES

Vaccines are a safe and important way to prevent many serious, even deadly diseases. You and your children should be "up to date" on all vaccinations before you leave (ideally at least one or two months before travel), including:

HEPATITIS A Transmitted by contaminated food and water throughout the world, Hepatitis A can cause lengthy and serious illness. Most young children have been routinely vaccinated for Hep-A, but adolescents may not have been.

TYPHOID FEVER Also transmitted through contaminated food and water, Typhoid is a form of salmonella infection. Most primary providers (including Franciscan Children's) can provide this vaccine or prescribe the oral form.

OTHER Depending on your destination, more specialized vaccines may be necessary before your trip. Your primary care provider can guide you to Travel Clinics that administer these vaccines to prevent other disease, such as Yellow Fever or Japanese Encephalitis.

FOOD, WATER & HYGIENE

Food, water and hygiene are huge factors when it comes to safe and healthy international travel. Many bacterial, viral, and parasitic infections are spread through contaminated food and water. Pay attention to what you eat and drink, and keep these tips in mind:

- While traveling outside industrialized nations around the world, be careful to drink only boiled or commercially bottled beverages, and remember that water used to make ice and in the shower may not be safe. The same goes for tooth-brushing.
- Dairy should be pasteurized and meats well-cooked.
- Avoid uncooked fruits and vegetables unless they are thick-skinned and you can wash them with clean water and peel them yourself.
- Avoid street food, and remember that hot foods should be kept hot, and cold foods, cold.

INSECT BITES

Infectious diseases are commonly transmitted via insect bites. Newcomers like zika and chikungunya have sparked buzz via news coverage, but old standbys like malaria and dengue still affect much of the world. For more viral diseases, we have no vaccines or treatments, so prevention is critical.

- In tropical countries, use insect repellants like DEET (20-30% strength), bed netting and window screens
- Avoid using perfumes, wearing brightly-colored clothing and being outdoors in the early morning and evenings

For malaria, new medicines can help prevent infection and are much safer and effective than older malarial medicines. Atovaquone/Proguanil (Malarone) is the most commonly used in the U.S. and can be prescribed by your provider. It should be started 1-2 days before entering an area with malaria and continued daily until 7 days after leaving the area.

MORE INFORMATION

Other important pre-travel topics for families include:

- Safety and accident prevention
- Safety around animals
- Selecting safe transportation
- Planning for emergencies

For more information on these topics, visit the CDC's Traveler's Health website at CDC.gov/Travel and select your destination country under the "For Travelers" section. You can also select relevant, helpful options like "Traveling with Children" or "Visiting Friends and Family" to further personalize the information and resources you can access.

As you scroll down to the "Stay Healthy and Safe" section, be sure to click the "Show" option in the header on the right side of your screen to see and/or print the content.

CDC DISEASE RESOURCES

- Chikungunya virus
- Zika virus
- Dengue Fever
- Yellow Fever

QUESTIONS

Always contact your Pediatrician or primary care provider with any questions related to your or your family's health.