



TRAVEL SMART

STAY HEALTHY

01 BE INFORMED:

- Know the health risks related to the travel destination and prepare in advance.
- Learn local warning systems, shelters and evacuation routes.
- If you have specific health needs, determine how to get medical care abroad if you become sick or injured.

02 VISIT YOUR PROVIDER:

- Visit your health care provider 4-6 weeks prior to traveling
- Ensure you are up to date on all routine vaccines prior to travel
- Ask your doctor about recommended vaccines and medication for the area you are traveling to.



03 AVOID ILLNESS BY:

- Washing your hands frequently
- Make safe food and drink choices
- Use Sunscreen
- Use insect repellent

04 AFTER TRAVELING:

- Monitor any signs and symptoms of illness after traveling
- If you are feeling ill, see a doctor and mention any recent travel



For More Information, Visit
<https://health.hawaii.gov/docd/resources/travelers-health>
<https://wwwnc.cdc.gov/travel/>

