

Traveling Healthy Guide

Things you should pack to stay healthy

Remembering to pack a few medications, including your prescriptions and first aid products, can guard against most travel ailments. Many products used to battle travel sicknesses are available at your local drugstore or supermarket and come in compact packages and bottles to keep your travel kit small and lightweight.

A good "travel healthy" medicine kit for traveling in the United States or overseas includes:

- Diarrhea, upset stomach, or heartburn remedies like Pepto-Bismol
- Constipation remedies like Metamucil
- Decongestants/antihistamines like Claritin D (non-sedating)
- Motion sickness remedies(Scopolamine)
- Pain relive (Acetaminophen, Tylenol)
- Antibacterial soap like Safeguard
- Skin cream/antibiotic ointment (for cuts and scratches)
- First aid supplies (bandages, gauze, adhesive tape)
- Sunscreen/suntan lotion
- Insect repellent
- Soothing, non-alcohol-based lotion (for insect bites and sunburn)
- Vitamins
- Thermometer
- Any prescription medicine that you are taking

In addition to these items for your kit, remember these other prevention tips:

- Carry a list of phone numbers of people to contact in case of a medical emergency.
- Carry your travel kit and prescription medicines with you on airplanes, buses, and in

the car.

- Plan ahead. Knowing what to expect at each stage of your trip can reduce stress.
- If you can't take enough prescription medicine for the entire trip, ask your physician for written prescriptions stating both trade and generic names of the drugs and dosage given in the metric system.

Help your body adjust to flying

Because pressure and humidity inside a commercial jet may be much lower than your body is used to, you must adapt to a new environment. The effects of a cabin atmosphere may include irritated eyes, earaches, and headaches. These symptoms can be alleviated by following a few simple recommendations:

- ❖ If possible, avoid wearing your contact lenses. Low humidity in flight tends to remove the moisture from the eye's surface.
- ❖ Ear aches can be relieved by:
 - "Popping" your ears. Take a deep breath, pinch your nostrils closed, and shut your mouth. Blow air gently out your nose, trying to "blow away" the fingers holding your nostrils together.
 - Chewing gum, yawning, drinking fluids, or sucking on hard candy.
- ❖ Tap your toes while keeping your heels on the floor. This pushes blood up your legs and reduces swelling of the legs. Tap for several minutes every hour or so.
- ❖ Try to reduce your chances of getting a headache in flight:
 - Get a good night's sleep before flights.
 - Eat regularly. Fasting more than five hours during the day or more than 13 hours overnight increases the likelihood of a headache.
 - Ask flight attendants to turn up the ventilation equipment. Low levels of oxygen and high levels of ozone and carbon dioxide can cause headaches.

Tips to alleviate motion sickness

Many Americans are affected by motion sickness each year. Symptoms of motion sickness

include nausea, light-headedness, disorientation, dizziness, and vomiting. If you are susceptible to motion sickness, it can be easily minimized:

- Minimize motion. Sit over the wings when flying; ride in the front seat of a car and watch the road.
- Look out at a spot 45 degrees above the horizon; don't stare at waves or moving objects.
- Breathe fresh air, crack a window open, or turn up the ventilation. Stuffy environments and carbon monoxide accumulation can cause nausea.
- Give your body a break. Avoid alcohol, eat lightly, don't read or watch movies, recline as far as possible or lie flat on your back, and try to sleep.
- **You may consider taking a motion sickness remedy.**
- Children can easily get car or plane-sick. Be sure they can see out of the windows, and you may want to give them a suitable motion sickness remedy before traveling.

Vaccination Information Sheet for Honduras

The Center for Disease Control (CDC) makes recommendations for immunizations, vaccinations and other health precautions for every country. However, most are simply suggestions from the CDC and it is ultimately up to you and your doctor to determine which vaccinations or immunizations you will receive. In preparation for travel to Honduras please consider the following:

Have you scheduled a visit to your doctor or a travel medicine provider?

Ideally, set up one up 4 to 6 weeks before your trip.

Most vaccines take time to become effective in your body and some vaccines must be given in a series over a period of days or sometimes weeks.

If it is less than 4 weeks before you leave, you should still see your doctor. You might still benefit from shots or medications and other information about how to protect yourself from illness and injury while traveling.

Are you aware of which types of vaccinations you or those traveling with you may need?

The CDC divides vaccines for travel into three categories: routine, recommended and required. While your doctor will tell you which ones you should have, it's best to be aware of them ahead of time.

Visit <http://wwwn.cdc.gov/travel/contentVaccinations.aspx> for more information about vaccinations.

Hepatitis A is a serious liver disease caused by the hepatitis A virus (HAV). HAV is found in the stool of persons with hepatitis A. It is usually spread by close personal contact and sometimes by eating food or drinking water containing HAV.

Hepatitis A can cause:

Mild “flu-like” illness, Jaundice (yellow skin or eyes), tiredness, loss of appetite, or nausea , severe stomach pains and diarrhea.

- Be sure to contact your doctor to determine which vaccinations or immunizations you will receive. For travelers, the vaccine series should be started at least one month before traveling to provide the best protection.
- Persons who get the vaccine less than one month before traveling can also get a shot called immune globulin (IG).
- IG gives: Immediate, temporary protection.
- For others, the hepatitis A vaccine series may be started whenever a person is at risk of infection. **Two doses** of the vaccine are needed for lasting protection. These doses should be given at least 6 months apart.
- Hepatitis A vaccine may be given at the same time as other vaccines.

Malaria

Malaria risk area in Honduras: Risk throughout the country at altitudes below 1000 m (<3,281 ft) and in Roatán and other Bay Island. Risk exists in the outskirts of Tegucigalpa and San Pedro Sula. The place we are going is **COMAYAGUA** which is not at risk. It is up to you if you want to take pills for Malaria.

Drugs to Prevent Malaria

There are many anti-malaria pills, the cheaper pills give more side effects. The best are “**Malarone**” don’t give side effects. We recommend it we had taken it before. We did not experience side effects.

Malaria is always a serious disease and may be a deadly illness. Humans get malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health-care provider for a prescription anti-malarial drug and by protecting yourself against mosquito bites. Travelers to Malaria risk area in Honduras, including infants, children and former residents of Honduras, should take anti-malaria drugs.

Malaria symptoms may include: fever, chills, sweats, headache, body aches, nausea and vomiting and fatigue. Malaria symptoms usually occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, you should see a doctor right away if you develop a fever during your trip. Malaria may cause anemia and jaundice. Malaria infections with *Plasmodium falciparum*, if not promptly treated, may cause kidney failure, coma, and death. Despite using the protective measures outlined above, travelers may still develop malaria up to a year after returning from a malaria area. You should see a doctor immediately if you develop a fever anytime during the year following your return and tell the physician of your travel.

Be sure to consult your doctor about this and any other questions you have about vaccinations, medications and staying healthy while traveling.