



CDC Travelers' Health—Your Survival Guide to Safe and Healthy Travel:

Wherever your travels may take you, be prepared when it comes to your health before, during, and after travel.

Before You Go

Take these steps to prepare for your travels aboard and anticipate issues that might arise.

Check your destination for country-specific health risks and safety concerns. You should also know your health status before you make travel plans. When you are sick, you can spread diseases to others. Postpone your travel and stay home when you are sick.

Make an appointment with your health care provider to get destination-specific vaccines, medicines, and advice at least a month before you leave. Discuss your itinerary and any planned activities with your provider so that he or she can make customized recommendations to ensure a healthy and safe journey.

Make sure you are up-to-date on all of your routine vaccines, including measles-mumps-rubella (MMR). Measles and other infectious diseases can spread quickly in a large group of unvaccinated people.

Plan for unexpected health and travel issues. Find out if your health insurance covers medical care abroad—many plans don't! Make sure you have a plan to get care overseas, in case you need it. Consider buying travel insurance that covers health care and emergency evacuation, especially if you will be traveling to remote areas.

Prepare for emergencies. Leave copies of important travel documents (e.g. itinerary, contact information, credit cards, passport, proof of school enrollment) with someone at home, in case you lose them during travel. Make sure someone at home knows how to reach you in an emergency and carry your emergency contacts with you at all times.

Enroll with the Department of State's Smart Traveler Enrollment Program (STEP). Monitor travel warnings for your destination. Enrolling also ensures that the US Department of State knows where you are if you have serious legal, medical, or financial difficulties while traveling. In the event of an emergency at home, STEP can also help friends and family contact you.

Pack smart. Prepare a travel health kit with items you may need, especially those that are difficult to find on your trip.

- Fill your travel health kit with your prescriptions and over the counter (OTC) medicines (enough to last your whole trip, plus a little extra), a first aid kit, insect repellent, sunscreen (SPF15 or higher), aloe, alcohol-based hand sanitizer, water disinfection tablets, and your health insurance card.

During Your Trip

Choose safe transportation. Always wear a seat belt, and children should ride in car seats. Motor vehicle crashes are the leading cause of death among healthy travelers. Be alert when crossing the street, especially in countries where people drive on the left side of the road. Find out other steps you can take to stay safe on the roads.

Avoid bug bites. Use insect repellent and take other steps to avoid bug bites. Bugs, including mosquitoes, ticks, fleas, and flies, can spread diseases such as malaria, yellow fever, Zika, dengue, chikungunya, and Lyme. These bugs are typically more active during warm weather.

If you or a travel companion gets an injury or sickness that can't be helped with basic first aid or an over-the-counter medicine, seek medical attention right away. Visit Getting Health Care During Travel to learn how to connect with a doctor or medical services during your trip.

Choose safe food and drink. Contaminated food or drinks can cause travelers' diarrhea and other diseases and disrupt your travel. Travelers to low or middle income destinations are especially at risk. Generally, foods served hot are usually safe to eat as well as dry and packaged foods. Bottled, canned, and hot drinks are usually safe to drink. Learn more about how to choose safer food and drinks to prevent getting sick.

Protect yourself from the sun. Apply sunscreen with SPF 15 or higher when traveling. Protecting yourself from the sun

isn't just for tropical beaches—you can get a sunburn even if it's cloudy or cold. You are at the highest risk for UV exposure when you are traveling during summer months, near the equator, at high altitudes, or between 10 am to 4 pm.

Wash your hands. Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Wash your hands with soap and water. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.

Be safe around animals. Avoid animals, including pets, local farm animals, and wild animals. In addition to the risk of rabies, all animal bites carry a risk of bacterial infection.

Be careful during water activities. Drowning is a major cause of death when traveling. Follow water safety recommendations, which includes swimming, boating and diving, especially in countries where emergency services may not be quickly available.

After Travel

If you traveled and feel sick, particularly if you have a fever, talk to a healthcare provider and tell them about any areas you recently traveled to.



Your chances of getting heat stroke, heat exhaustion, or other heat-related illness during travel depend on your destination, activities, level of hydration, and age. Travelers who relax on a beach or by a pool are unlikely to get heat-related illness. The more active you are in high temperatures, the more likely you are to get a heat-related illness. Learn how to prevent, recognize, and treat heat-related illness.

Follow These Tips to Stay Safe in the Heat

- Drink plenty of non-alcoholic fluids.
- Wear sunscreen with SPF 15 or higher and reapply every two hours or follow instructions on the package.
- Wear a hat and sunglasses.
- Wear loose, lightweight, light-colored clothing.
- Plan outdoor activities during cooler parts of the day.
- Rest often and try to stay in the shade when outdoors.
- If you will be doing strenuous activities in the heat such as hiking or biking, try to adjust before you travel by exercising 1 hour per day in the heat.

Some People are More Likely to Get Ill

The elderly, young children, and people with chronic conditions are more likely to get heat-related illness and become ill more quickly compared to healthy adults. However, even young and healthy people can get heat-related illness from spending too much time in the heat.

Serious Heat Illnesses

Many heat-related illnesses, such as heat cramps and heat rash can be treated by getting out of the heat and getting hydrated. However, some can be more serious and it is important to know how to identify signs of serious heat-related illness early and get treatment.

Heat exhaustion

Heat exhaustion is a mild heat-related illness that occurs hot temperatures and when you do not drink enough water or other non-alcoholic fluids. People at highest risk for heat exhaustion are the elderly, those with high blood pressure, and those working or exercising in the heat.

Symptoms of heat exhaustion include:

- excessive thirst
- profuse sweating
- headache
- dizziness or confusion
- nausea

If you or anyone you are traveling with has these symptoms, get out of the sun immediately and try to cool off with a fan, air conditioning, or by getting in cool water. Also, drink cool, non-alcoholic beverages such as water or sports drinks with electrolytes.

Heat stroke

Heat exhaustion can lead to heat stroke, a serious heat-related illness. Heat stroke is when body's temperature rises quickly, and your body cannot cool itself down.

Early symptoms of heat stroke are similar to those of heat exhaustion but lead to more severe symptoms including:

- Lack of sweating.
- Body temperature rising to 106°F or higher within 10-15 minutes. Even with no thermometer, skin will feel very hot to the touch.
- Loss of consciousness.

Seek medical help immediately. Heat stroke is a medical emergency. Heat stroke can cause death or permanent disability if emergency treatment is not provided.



Elegant White Chocolate Blueberry Cheesecake

Ingredients

Crust:

- 2 cups graham cracker crumbs
- 1/2 cup melted butter

Filling:

- 3 packages (8 oz each) cream cheese, softened
- 1 cup granulated sugar
- 1 cup sour cream
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 cup white chocolate chips, melted and cooled
- 1 cup blueberry puree

Garnish:

- Fresh blueberries and mint leaves

Kcal: 380 Kcal | Servings: 12 servings



How to Make Elegant White Chocolate Blueberry Cheesecake

Preheat and Prepare: Preheat your oven to 325°F (163°C). Grease a 9-inch springform pan to prevent sticking.

Make the Crust: In a medium bowl, combine graham cracker crumbs and melted butter. Press the mixture firmly into the bottom of the prepared pan to form an even crust.

Prepare the Filling: In a large mixing bowl, beat the cream cheese and sugar together until smooth and creamy. Add the sour cream, eggs, and vanilla extract, mixing well after each addition.

Divide and Flavor: Divide the batter in half. Stir the melted white chocolate into one half of the batter and the blueberry puree into the other half.

Swirl and Bake: Pour alternating spoonfuls of white chocolate and blueberry batters over the crust. Use a knife to swirl the batters together for a marbled effect. Bake in the preheated oven for 50-60 minutes, or until the center is set. Turn off the oven and let the cheesecake cool in the oven with the door slightly open for 1 hour.

Chill and Serve: Remove from the oven and refrigerate for at least 4 hours or overnight. Garnish with fresh blueberries and mint leaves before serving.



American Red Cross
Create an emergency plan that addresses your needs

Being Prepared Means Planning Ahead

Emergencies can happen at a moment's notice. Mobility, hearing, learning, or seeing disabilities can create specific needs that individuals need to address to be able to respond to an emergency. We urge everyone to become "Red Cross Ready" for any urgent situation, which means assembling a survival kit, making an emergency plan, and being informed. In addition, people with and without disabilities, as well as those in their support networks, may benefit from the tips below about managing communications, equipment, service animals, pets and home hazards.

Create a personal support network

A personal support network (sometimes called a self-help team) can help you prepare for a disaster. They can do this by helping you identify and get the resources you need to cope effectively. Network members can also assist you after a disaster happens. Learn how to create and implement your personal support network.

Complete a personal assessment

Think about the following questions and share your answers with your network. These answers should describe both your current capabilities and the assistance you may need before, during and after a disaster. Base your plan on your lowest anticipated level of functioning.

Daily living

Personal Care: Do you regularly need assistance with personal care, such as bathing and grooming? Do you use adaptive equipment to help you get dressed?

Water Service: What will you do if water service is cut off for several days or if you are unable to heat water?

Personal Care Equipment: Do you use a shower chair, tub-transfer bench or other similar equipment?

Adaptive Feeding Devices: Do you use special utensils that help you prepare or eat food independently?

Electricity-Dependent Equipment: How will you continue to use equipment that runs on electricity, such as dialysis, electrical lifts, etc.? Do you have a safe back-up power supply and how long will it last?

Getting around

Disaster Debris: How will you cope with the debris in your home or along your planned exit route following the disaster?

Transportation: Do you need a specially equipped vehicle or accessible transportation?

Errands: Do you need help to get groceries, medications and medical supplies? What if your caregiver cannot reach you because roads are blocked or the disaster has affected him or her as well?

Evacuating

Building Evacuation: Do you need help to leave your home or office? Can you reach and activate an alarm? Will you be able to evacuate independently without relying on auditory cues that may be absent if the electricity is off or alarms are sounding?

Building Exits: Are there other exits (stairs, windows or ramps) if the elevator is not working or cannot be used? Can you read emergency signs in print or Braille? Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted?

Getting Help: How will you call for the help you will need to leave the building? Do you know the locations of text telephones and phones that have amplification? Will your hearing aids work if they get wet from emergency sprinklers? How will you communicate with emergency personnel if you don't have an interpreter, your hearing aids aren't working, or if you don't have a word board or other augmentative communication device?

Mobility Aids/Ramp Access: What will you do if you cannot find your mobility aids? What will you do if your ramps are shaken loose or become separated from the building?

Service Animals/Pets: Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs? Do you have the appropriate licenses for your service animal so you will be permitted to keep it with you should you choose to use an emergency public shelter?

Gather information

Community Disaster Plans: Contact your local emergency management office or American Red Cross Chapter to learn about community response plans, evacuation plans and designated emergency shelters. Ask about the

emergency plans and procedures that exist in places you and your family spend time (such as work, schools, senior care centers, and childcare centers). If you do not own a vehicle or drive, find out in advance what your community's plans are for evacuating those without private transportation.

Assistance Programs: Ask about assistance programs. Many communities ask people with a disability to register with the local fire or police department or emergency management office, so needed help can be provided quickly in an emergency. Let your personal care attendant know you have registered, and with whom. If you are electric-dependent, be sure to register with your local utility company.

Learn about other important ways to get informed before an emergency or disaster.

Make an emergency plan

Learn how to make an emergency plan for yourself and your household.

Meet with Your Family/Personal Care Attendants/Building Manager: Review the information you gathered about community hazards and emergency plans.

Escape Routes and Drills: If you or someone in your household uses a wheelchair, make exits from your home wheelchair accessible. Practice emergency evacuation drills at least two times a year, or any time you update your emergency plan or change the layout of your home's furniture. Be sure to include family and/or your personal care attendant in the drills.

Prepare for Different Hazards: Include in your plan how to prepare for each hazard that could impact your local community and how to protect yourself. For instance, most people shelter in a basement when there is a tornado warning, but most basements are not wheelchair accessible. Determine in advance what your alternative shelter will be and how you will get there.

