



## Traveling Abroad? Make a travel medicine appointment [mystudenthealth.miami.edu](http://mystudenthealth.miami.edu)

A trip requires careful planning. Listed below are important things to keep in mind to have a safe trip whether you are in or outside the United States. For more info visit [www.travel.state.gov](http://www.travel.state.gov) and [www.cdc.gov/travel](http://www.cdc.gov/travel)

- **Food Safety: Wash hands, Eat cooked food, Only drink bottled & sealed drinks**  
Unclean food and water can cause [travelers' diarrhea](#) and other diseases. Travelers to developing countries are especially at risk. Reduce your risk by sticking to safe food and water habits. [Download the App: Can I Eat This?](#)
- **Bug Bites & Insects: Use insect repellent, Cover exposed skin**  
Bugs (including mosquitoes, ticks, and some flies) can spread a number of diseases. Many of these diseases cannot be prevented with a vaccine or medicine. You can reduce your risk by taking steps to prevent bug bites. Visit [CDC.gov/travel](http://CDC.gov/travel)
- **Road Safety: Wear your seat belt, Don't drink and drive**  
Most people think about travel vaccines when they're planning an international trip, but few people consider the possibility that they might be involved in a car crash. Motor vehicle crashes are the leading cause of death among healthy travelers, and no vaccine can prevent a car wreck. Visit [CDC.gov/travel](http://CDC.gov/travel)
- **STDs: Wear a condom, Get vaccinated for Hep A & B and HPV**  
Travelers who have casual sex are at risk for sexually transmitted diseases. Prevent STDs when you travel overseas. Visit [CDC.gov/travel](http://CDC.gov/travel)
- **Swimming, Diving & Boating: Don't Drink, Use a lifejacket, Make sure there is a lifeguard**  
Traveling can provide the opportunity to enjoy many water-related activities, but there is also a risk of injury or illness—drowning accounts for 14% of deaths of US citizens traveling abroad. From swimming in a hotel's lavish pool to surfing in the Maldives, people who are around water should practice caution. Visit [CDC.gov/travel](http://CDC.gov/travel)



## Cruising?

- Don't risk spoiling your cruise vacation with an unexpected illness. Follow the tips above for a safe and healthy cruise vacation. Additionally, **Visit the CDC's Green Sheet Report** to see your cruise ship's sanitation report. <http://www.cdc.gov/inspectionquerytool/InspectionGreenSheetRpt.aspx>

