Traveling Abroad? Make a travel medicine appointment 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 and 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

- **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

- **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

- **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

**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.

Content source: Centers for Disease Control and Prevention National Center for Emerging and Zoonotic Infectious Diseases (NCEZID)