



Healthy Adventures

A W A I T Y O U !

TIPS TO AVOID GETTING SICK ON SUMMER VACATION

Summer brings excitement and anticipation for those long-awaited vacations. Whether you're planning a beach retreat, a mountain getaway, or an exploration of a new city, the last thing you want is to fall ill and have your well-deserved break disrupted. According to a new survey of 2,000 Americans, as many as 40% of the respondents had gotten sick while traveling; of those 45% were stuck in their rooms until their return home, and another 24% actually cancelled vacation and went back home.

HERE ARE EIGHT TIPS TO HELP AVOID GETTING SICK WHILE ON YOUR SUMMER VACATION.

WASH YOUR HANDS THOROUGHLY

Wash your hands frequently with soap and water, especially before meals and after using public facilities. If soap and water are not available, use hand sanitizer with at least 60% alcohol. Avoid touching your face, as it can transfer germs from your hands to your eyes, nose, and mouth. Pack disinfectant wipes to clean surfaces such as airplane trays, hotel room doorknobs, and bathroom fixtures.



STAY HYDRATED

Drink plenty of water. Bring a water bottle with you and refill it throughout the day. Divide your weight (in pounds) in half, and target drinking that many ounces of water each day. (For example, if you weigh 140 pounds, you should try to drink 70 ounces of water.) Be sure to research the water quality at your destination; drinking contaminated water can lead to gastrointestinal issues or hepatitis A. If unsure about the safety of the tap water, stick to bottled water.



PROTECT YOURSELF FROM INSECT BITES

From mosquitos to ticks, summertime is prime season for getting bitten, especially if your vacation includes hikes and other outdoor activities. Pack insect repellent and consider pre-treating your clothes with a permethrin-containing spray. Always apply your sunscreen first, let it dry, and then apply insect repellent.



BOOST YOUR IMMUNE SYSTEM

A strong immune system is your best defense against illnesses. Prioritize a healthy diet rich in fruits, vegetables, and whole grains to provide your body with essential nutrients. Consider taking immune-boosting supplements or vitamins before and during your vacation to give your body an extra layer of protection. And, pack a snack so that you are fueled throughout each day.



Healthy Adventures

Prioritizing your health and well-being ensures that you can make the most of your time away, creating lasting memories and experiences. A healthy vacation is a happy vacation!



KEEP IT ACTIVE

Engaging in physical activity boosts your immune system. Take advantage of great weather and plan outdoor activities such as swimming, hiking, or cycling, in addition to walking. Be mindful of your limits and avoid overexertion, especially in extreme temperatures. If your travels include long flights or train rides, get up, stretch, or walk around to give your body a break and increase circulation while en route.



SUN PROTECTION

It's crucial to protect your skin from harmful UV rays. Apply sunscreen with a high SPF before heading outdoors and reapply it every few hours. Wear a wide-brimmed hat, sunglasses, and lightweight, breathable clothing that covers your arms and legs. Seek shade during the peak hours of sunlight to reduce the risk of sunburn and heat-related illnesses.



GET ADEQUATE REST

While vacations often involve exploring new places and maximizing your time, it's important to prioritize rest and relaxation. Adequate sleep allows your body to rejuvenate and strengthens your immune system. Balance your itinerary with scheduled time for rest to avoid exhaustion and potential illness.



FOOD AND WATER SAFETY

Food and waterborne illnesses can quickly turn a dream vacation into a nightmare. Take precautions by consuming food from reputable establishments and avoid any roadside vendors with visibly questionable hygiene practices. Opt for fully cooked foods that are served hot.



Sources:
Centers for Disease Control (CDC)
OnePoll/Ecolab study, 2022
Cedars Sinai

JUST IN CASE

It's always a good idea to pack a first aid kit to have on hand. Here are some key items to include:

- 1% hydrocortisone cream
- A digital thermometer
- Oral rehydration salts
- Antiseptic wound cleaner
- Aloe gel for sunburn
- Antibacterial and antifungal ointments
- Bandages
- Disposable gloves
- Anti-itch cream
- Q-tips
- Tweezers
- Eye drops
- Lip balm

In addition to your first aid kit, be sure to bring your insurance card, doctor's contact information, and copies of any critical prescriptions you take (in the event you need to have a prescription refilled while on vacation).

