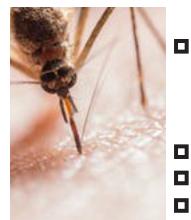
Travel Health Basic Checklist

Travel Health Today
Self Care Options

Basics

- Pain Reliever: acetaminophen or ibuprofen
- Antihistamine: for allergy/sleep
- Cough/Cold medications: multi-symptoms
- Band-aids: bandages, moleskin for blisters
- Lotions: dry skin, anti-itch
- Sunscreen: UVA and UVB protection
- Lip Balm: with sunscreen protection
- Anti-bacterial: wipes, hand sanitizer



Insects

Insect Repellant

- DEET 25-50%: skin use only
 - Picaridin 20%: skin use only
- Oil of Eucalyptus: not for children younger than 3 years
- Permethrin 0.5% spray/wash:use on clothing/netting only; can wash
- Mosquito Netting: at least 156 holes/sq inch
- Clothing: long sleeves, long pants

Treatment of Diarrhea

- Loperamide: anti-diarrheal
- Electrolyte Rehydration Solution (Sports Drink): rehydration packets best

Water Purification

- Iodine Tablets: + vitamin C; 2 tablets per quart of water; no for pregnancy
- Water Purifier: use 3-way filtration
- Ultraviolet Light: purifies 16 ounces of water in 48 seconds
- Bottled water: sealed bottled water



Jet Lag

Melatonin: take in evening

Motion Sickness

Meclizine: can cause drowsiness and dry mouth

This guide is intended to assist you in following the advice of your physician. It is not intended to substitute medical advice or instruction. © Copyright 2020 www.TravelHealthToday.com

