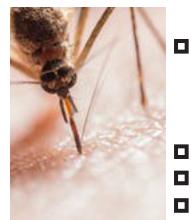
# Travel Health Basic Checklist

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

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