

How to be a Healthy Traveler

StoveTeam International brings medical kits with each volunteer team, **however this information is provided for general use on all of your overseas travel.** It has been reviewed by a local Oregon physician.

ROUTINE

- Tetanus/diphtheria every 10 years
- Polio every 10 years
- Pneumovax every 10 years
- Hepatitis A
- Hepatitis B
- Tdap (whooping cough) one time adult booster
- Prevnar – if 50-years old or older
- Influenza yearly

THE ZIPLOC MEDICAL BAG

- Aspirin/Tylenol
- Benadryl
- Antacid (Tums)
- Pepto-Bismol
- Ibuprofen (Motrin/Advil)
- Afrin nose spray
- Claritin-D
- Neosporin
- Ophthalmic Solution
- Ciprofloxin or Azithromycin (500 mg) 2 tablets
- AnaKit/epinephrine
- Medical Evacuation Insurance Information
- Imodium for severe diarrhea – use only if you have to travel without access to a bathroom

THE ZIPLOC TRAUMA KIT

- Alcohol rubs
- Hydrogen Peroxide
- Band-Aids
- Extra Large Band-Aids
- 4 x 4s
- Polysporin
- Ace Bandage 3”
- Tegaderm
- Steristrips
- Tape

- Moleskin

DON'T FORGET

- Letter from physician stating medical diagnoses and list of medications, dosages and frequencies

ACCESS TO CURRENT INFORMATION

- United States Center for Disease Control www.cdc.gov
- World Health Organization www.who.gov
- United States State Department www.state.gov/travel_warnings.html
- C.I.A. World Fact Book www.odci.gov

TRAVEL MEDICAL CLINICS

- International Society of Travel Medicine www.istm.org Doctor List
- UCLA Claire Panssian, M.D. [www.cpanoslan@mednet.ucla.edu](mailto:cpanoslan@mednet.ucla.edu)
- Loma Linda School of Medicine International Travel Clinic 909-824-4594

OTHER TRAVEL HEALTH PROBLEMS

- Altitude Sickness over 7,500 ft. Diamox
- Jet Lag www.nojetlag.com
- Flight Immobility: Hourly exercise. Walk
- Auto/Pedestrian Accidents: Seat Belts/look both ways before crossing

TO AVOID GETTING SICK

- Don't eat from a street food vendor
- Don't drink beverages with ice unless the ice is purified
- Do not eat non-pasteurized dairy products
- Don't handle animals
- Don't swim in fresh water
- Take malaria medication only as advised
- Wear long sleeves and long pants at dusk
- Bathe before dusk (mosquitoes are attracted to body odor)

RULES FOR A HEALTHY TRAVELER

- Wash hands often with soap and water or use alcohol gel such as Purell
- Drink only bottled or boiled water, tea or coffee
- Eat thoroughly cooked food. Boil it, cook it, peel it or forget it.
- Protect from insects with appropriate insect spray