



# Travel Safety Checklist

## Safety Tips for All Your Trips



### Before Your Trip

- ❑ Check your destination for country-specific health risks, recommended pre-travel vaccines or medications, and safety concerns.

Check health-related risks and recommendations for your destination here.



CDC Travelers' Health  
Destination Pages

Check for travel advisories for your destination here.



Travel.State.Gov

- ❑ Make an appointment with your doctor to get destination-specific vaccines, medications, and advice at least 1 month before you leave for your trip.
- ❑ Check your vaccination history to make sure you're up-to-date on all routine vaccinations.
- ❑ Prepare for emergencies by sharing important travel information (e.g., your itinerary, contact information) with a trusted person at home. This way, they'll know where you'll be and how to reach you in the case of an emergency.
- ❑ Sign up for the Department of State's Smart Traveler Enrollment Program (STEP). This program provides you with travel warnings specific to your destination. Plus, the US Department of State will know your travel destination in case you face serious legal, medical, or financial challenges while away.



Enroll in STEP here, or visit  
<https://step.state.gov/>

- ❑ Pack a travel health kit, complete with prescriptions, over-the-counter medicines (enough for the whole trip, plus a few extra days), a first aid kit, insect repellent, sunscreen, aloe, hand sanitizer, water disinfectant tablets, and your health insurance card.



West Windsor Township Health Department  
Serving the Communities of West Windsor and Robbinsville  
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### During Your Trip

- Choose safe transportation and always wear a seat belt. If traveling by foot, be alert and aware of surroundings, especially when crossing roads. Be sure to bring a flashlight and wear reflective clothing if walking at night.
- Avoid bug bites by wearing insect repellent. Remember, bugs (such as mosquitoes, ticks, fleas, and flies) can spread diseases like malaria, yellow fever, Zika, dengue, chikungunya, and Lyme. It's important to monitor for symptoms after returning home.
- If you or your travel companion(s) become sick or injured, seek medical attention immediately.



Want to learn how to seek medical services during your trip? Scan the QR code for the CDC's page, "Getting Health Care During Travel."



- Choose safe foods and drinks. For instance, avoid lukewarm food, as germs grow when food is left in the "danger zone" between 40 and 140 degrees Fahrenheit. Hot food should be served hot and cold food should be served cold. Also, determine if tap water at your destination is safe before drinking it. If it's not safe to consume, you can boil or filter it, or buy bottled water.
- Protect yourself from the sun. Apply sunscreen, even if it's cloudy or cold. Consider wearing a wide-brimmed hat and sunglasses, too. Stay hydrated.
- Wash your hands to prevent illness and the spread of germs to others. Bring along hand sanitizer (containing at least 60% alcohol) to use if soap and water are not available.
- Be careful during water activities. Follow water safety recommendations (e.g., researching local water conditions and sea animals, paying attention to colored flags posted on beaches, etc.).



If you feel sick **after** traveling, speak with your doctor and let them know where you traveled.



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