



# CITY OF LONG BEACH

DEPARTMENT OF HEALTH AND HUMAN SERVICES

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## **TEN GUIDELINES FOR INTERNATIONAL TRAVELERS**

1. Always seek advice before an international trip. Even if you've traveled to the destination country previously, be aware that prevailing health conditions change rapidly.
2. Take your malaria chemoprophylaxis as prescribed. Take the first one or two doses before leaving home: if an adverse drug reaction occurs, an alternative regimen can be prescribed. Follow your prescribed regimen faithfully during and after your trip.
3. Take personal precautions against insects during travel. Many insect transmitted disease are not preventable by vaccine or drugs.
4. Assemble a traveler's medical kit appropriate for your destination, length of trip, and general health. Your physician can advise you on specific items to include. Devise a contingency plan for emergency medical care during travel in the event of accidental injury or serious illness.
5. Be prepared to purify your own supply of drinking water if bottled or boiled beverages are not readily available. Remember that ice cubes in beverages are a potential source of contamination.
6. Take appropriate dietary precautions. Avoid raw or uncooked foods, especially meat, seafood and salads. Also avoid food sold by street vendors. Be sure that milk, cheese, and other dairy products have been pasteurized. Select fruits and vegetables with thick skins that you can peel yourself (oranges, grapefruits, bananas, mangos, papayas and avocados).
7. Do not walk barefoot outdoors, except at poolside. Wearing appropriate footwear can prevent infection from parasites, fungi, insect bites (chiggers, ticks, sand fleas), and other injuries (snakebites, cuts, puncture wounds).
8. Do not swim, bathe, or wade in fresh water streams, rivers or lakes in areas endemic for schistosomiasis. If accidental immersion in a high-risk area occurs, rapidly towel-dry wet skin to decrease chances of infection.
9. Avoid exposure to potentially contaminated body fluids. Diabetics and other individuals at high risk should carry a personal supply of needles and syringes. Defer elective procedures such as tattoos, ear piercing, and acupuncture. Do not engage in illicit intravenous drug use, which has considerable health risks and legal consequences (at home as well as abroad). Follow safe sex guidelines and recognize that the safest behavior is avoiding intimate contact with strangers.
10. Protect yourself from accidental injury related to motor vehicle transportation (a leading cause of morbidity in travelers). Avoid riding motorcycles. Do not consume alcohol when driving. Avoid traveling in overcrowded public transportation (buses, trucks, taxis); request rental cars with seat belts when available.