



ROBERTA HILL
TRAVELLING IN MY 70'S

Travel Health Cheat Sheet

Comprehensive Quick Reference Guide

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This cheat sheet provides comprehensive information on maintaining health while traveling internationally, including recommendations for avoiding illness and managing symptoms related to common ailments such as flu, cold, allergies, and diarrhea.

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Preparation & Best Practices

Vaccinations

Vaccine	Recommended For	Timing
Hepatitis A	High-risk areas	At least 2 weeks before travel
Typhoid	Visiting endemic areas	At least 2 weeks before travel
Influenza	General travel	Annually, ideally before flu season
Yellow Fever	South America, Africa	At least 10 days before travel
COVID-19	All travelers	Varies by vaccine, check local guidelines

Travel Insurance

- **Importance:** Covers medical costs, evacuation, and quarantine expenses.
- **Recommendations:**
 - Choose a policy that includes coverage for COVID-19-related issues.
 - Ensure coverage limits are adequate for your destination.

Pre-travel Checklist

- Pack essential medications (including prescriptions).
- Research health risks for your destination.
- Consult with a healthcare provider regarding necessary vaccinations.
- Carry a first-aid kit including band-aids, antiseptic wipes, and over-the-counter medications.



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Avoiding Illness on the Road

Hygiene Practices

- **Hand Hygiene:** Use alcohol-based hand sanitizer when washing isn't possible.
- **Mask Wearing:** Wear masks in crowded spaces or on public transportation.
- **Avoid Touching Face:** Especially eyes, nose, and mouth without clean hands.

Food and Water Safety

- Drink bottled or boiled water.
- Avoid ice unless made from safe water.
- Eat fully cooked foods and avoid raw or undercooked dishes.
- Choose reputable restaurants and street food vendors.

Common Travel-Related Symptoms

Flu Symptoms

- High fever
- Aching muscles and joints
- Sore throat
- Fatigue and weakness

Cold Symptoms

- Runny/stuffy nose
- Sneezing
- Cough
- Mild headache



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Allergy Symptoms

- Sneezing
- Itchy, watery eyes
- Rash or hives
- Nasal congestion

Diarrhea Symptoms

- Frequent loose stools
- Abdominal cramps
- Nausea and vomiting
- Fever (occasionally)

Management & Treatment

Flu Management

- **Rest:** Ensure adequate sleep to help recovery.
- **Hydration:** Drink plenty of fluids like water, herbal tea, and soup.
- **Antiviral Medications:** Consider prescriptions from a healthcare provider.

Cold Management

- **Rest:** Lower activity levels to promote healing.
- **Over-the-counter Medications:** Use decongestants and antihistamines as needed.
- **Home Remedies:** Honey and lemon in tea for sore throat relief.



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Allergy Management

- **Antihistamines:** Use as preventive measures and during allergy season.
- **Avoid Triggers:** Identify specific allergens related to the destination.
- **Emergency Plan:** Carry an epinephrine auto-injector if necessary.

Diarrhea Management

- **Rehydration:** Drink Oral Rehydration Solutions (ORS) to prevent dehydration.
- **Diet:** Follow a BRAT diet (bananas, rice, applesauce, toast) until symptoms improve.
- **Medications:** Use loperamide (Imodium) for symptomatic relief but avoid if bloody diarrhea is present.

Advanced Tips & Common Pitfalls

Advanced Tips

- **Keep a Health Diary:** Record any symptoms and medication taken during travel.
- **Seek Local Healthcare:** Research healthcare facilities at your destination beforehand.
- **Use Technology:** Apps for health tracking and knowing nearby hospitals.

Common Pitfalls

- **Neglecting Mental Health:** Stress and fatigue can compromise immune function.
- **Skipping Preventive Medications:** Regular doses can be crucial in preventing travel-related illnesses.
- **Overconfidence in Local Resources:** Always carry a basic first-aid kit and know where to find medical assistance.

By following these guidelines, travelers can maintain their health and enjoy their journeys more fully. Always consult a healthcare professional before roaming into new territories. Travel safely!