

**Louisiana Pharmacists Association**

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**FOR IMMEDIATE RELEASE**

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**Louisiana Pharmacists Association Educates Patients about Healthy Summer Travel**

As the summer months are quickly upon us, Louisiana natives are busy planning upcoming vacations. Whether it's going on a cruise or backpacking in Europe, there are special precautions one must take to remain healthy while traveling. For most people, some don't even begin to think about taking precautionary measures before saying bon voyage! Don't risk spoiling a vacation with an unexpected illness; instead follow these simple tips for a healthier summer travel.

For many travelers, a cruise is the ideal way to relax and enjoy life, all while being waited on hand and foot. Even though cruising along the coast has its perks, one must also be aware of the health risks while on a cruise ship. According to the Centers for Disease and Control, you should be up to date on all routine vaccines, including the seasonal flu. Most crew members and some travelers often come from countries where these diseases are more common. It's best to get the needed vaccines before boarding the cruise ship to protect yourself and the ones around you. Passengers on the ship can also have outbreaks of nausea, vomiting, and diarrhea. This is due to a virus called norovirus. The best way to protect yourself and prevent transmission is through frequent hand washing. Alcohol-based hand sanitizer is a good second choice if soap and water are not available. While on shore doing excursions, travelers should follow basic food and water precautions given by the CDC. It's recommended travelers only eat food that is served hot and cooked, drink beverages from sealed containers, avoid ice, and eat fresh fruit only if you have washed and peeled the fruit itself. These precautions should help avoid any unnecessary sicknesses from developing countries.

For travelers that like to explore remote locations and participate in extreme physical activities, there are adventure travel precautions one must take before beginning your journey. Because this type of adventure travel involves exploring remote locations, if one becomes injured, there may be a lack of necessary emergency response. This is why it's best for travelers to follow these safety guidelines while on an adventure:

- Make an appointment with your doctor 4-6 weeks before trip for any recommended vaccines you need or additional medical advice.
- Train properly for your trip.
- Wear protective gear when doing adventure activities.
- Don't drink alcohol before or during outdoor activities.
- Eat and drink regularly to stay hydrated and rest if you feel overheated.
- Avoid too much sun exposure by using sunscreen and wearing protective clothing.

With all summer travel, staying ahead of the illness is key to fully enjoying your vacation. Pharmacists are convenient and accessible resources for traveling. They can recommend which over-the-counter drugs to take with you, and also give you the needed vaccines before leaving. It's easy to take these special precautions and preparations to keep you and your family safe this summer, all while having a stress-free healthy travel experience.

Resources:

<http://wwwnc.cdc.gov/travel/page/traveler-information-center>

<http://www.mayoclinic.org/departments-centers/infectious-diseases/minnesota/travel-tropical-medicine-clinic/overview>

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**The Louisiana Pharmacists Association, established in 1882, strives to promote the interests of all pharmacists of the State of Louisiana. For more information about the LPA and its benefits, contact Julie Fuselier or Phyllis Perron, LPA Co-Executive Directors at 225/346-6883 or visit our website at [www.louisianapharmacists.com](http://www.louisianapharmacists.com).**

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