

**Louisiana Pharmacists Association**

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**FOR IMMEDIATE RELEASE**

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**Louisiana Pharmacists Association Educates Patients about Staying Healthy While  
Traveling**

As summer quickly approaches, more and more Americans will be traveling to other parts of the country as well as internationally. It is important to plan ahead in order to have a safe and healthy journey. Here are some tips to keep you safe and healthy as you travel:

**Before You Travel**

- Research your destination. Every international country comes with its own health risks (high altitude or pollution, types of medical facilities, safety of the drinking water, etc.) Make sure that you are aware of these risks and have taken the appropriate precautions to protect yourself.
- Take an ample supply of your medications. If you take any prescription or over-the-counter medications, make sure that you have enough to last during your trip. Travel with your medications in your carry-on bag in case of lost luggage, and bring an additional one or two days' worth of medicine to cover unexpected delays. Any medications being carried overseas should be left in their original containers and be clearly labeled.
- Be aware of time changes. If you take medications at scheduled times during the day, being aware of any time change is important to taking your medications correctly. Research the time changes and make appropriate adjustments to your medication schedule. Your physician

or pharmacist can help you prepare for any adjustments.

- Think about immunizations. There are vaccinations available to protect travelers from diseases such as the flu and yellow fever. Consult your pharmacist or health care provider a few weeks in advance to ensure that you are properly immunized for your trip.
- Check your health insurance plan to see if they will cover your health needs abroad.

### **Tips for your Trip**

- Be prepared for illness. It is not uncommon for travelers to become ill. Knowing the signs of illness can help you take action quickly on your trip. Some signs of illness include: Fever of 100° F or greater, skin rash, shortness of breath or difficulty breathing, severe cough, diarrhea that does not go away, and vomiting (other than motion sickness). See a doctor right away if any of these symptoms worsen or become severe.
- Eat and drink wisely. Depending on where you are traveling, you may need to take extra precautions with food and water. Wash your hands with soap and water often to prevent spreading illness.
- Stay hydrated. Many travelers stay busy with activities and forget to keep hydrated. Drinking plenty of fluids is essential to preventing dehydration.
- Use sunscreen.
- Prevent mosquito and other insect bites with appropriate repellants.

### **When you return**

Some travelers require a physical exam when they return. Consult with your physician before you go and schedule an appointment for your return if advisable.

### **Your pharmacist can help you prepare for a safe and healthy trip**

Talk to your pharmacist a few weeks before you travel. They can help you prepare a first-aid kit, manage pre-existing conditions, and prevent travel-related illnesses. They can also answer any questions you have about your current medications. If you have health insurance, your

pharmacist can contact them for an override if early refills are necessary.

It is always important to make an appointment with your physician before you travel abroad.

Talk to your physician about the activities you have planned and your general physical condition.

Sources:

<http://wwwnc.cdc.gov/travel/page/health-during-trip.htm>

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049047.htm>

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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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