Travel Tips Part 2 - Health & Medical Care
Change of habits can be hard on your body when you travel for an extended period of time or to a different part of the world. Awareness and preparation before you begin your travel can keep you from getting set while you are away from home. If you begin to feel ill while traveling you need to determine what is causing your distress. Is it gastroenteritis from the food or water you drank? Could it be a cold because of the change of weather or jet leg? Even more dangerous is Deep Vein Thrombosis. By being proactive, you can avoid these and other health issues while traveling.

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Safety Webinar
December 12TH 2:30 pm ET

Mission Trip Planning
Key to Successful Ministries

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Client Care Manager at Adventist Risk Management®, Inc.

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A Mission Trip for many people is the opportunity of a lifetime. It is an opportunity to learn about other cultures, create lasting change in the lives of those they meet, and to experience a transformation in the participant's own life.

Taking a group of people on a mission trip, to another country, outside of one's comfort zone, requires very careful planning. Planning includes everything from
deciding what skills are needed to calculating cost for travel, food, lodging, and other resources...planning ahead will make your trip a great success! Join us to discuss tips for planning a safe and successful mission trip.

Title: **Mission Trip Planning**  
Date: **Thursday, December 12, 2013**  
Time: **2:30 PM - 3:30 PM ET**
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**Food Safety**

In many countries, the drinking water and the fresh vegetables you eat can be contaminated. It is very important before you consume them, to peel all vegetables and fruit. Find below Some simple tips that can help you avoid getting sick away from home:

- **Boil all water before using it. This helps you avoid gastroenteritis while traveling**
- **Don't ever use ice if you don't know the source of the water that was used to make the ice cubes.**
- **Bring water purification tablets.**
- **Avoid eating and drinking things that you are not familiar with**
- **When drinking water or brushing your teeth always use bottled water**
Medications

Types of medications and their availability vary all over the world. In some countries you need a prescription for antibiotics and in others you don't. See the tips below on how to pack a travel medical kit.

- If you normally take prescription medications, pack extra doses. This will give you a supply in case you need to extend your stay
- Include over-the-counter medications for diarrhea, headache, stomachache, sore throat, allergies and couple of Band-Aids, and bandages as well
- Pack a reasonable amount of medications. You don’t want a drug scene at the Customs counter in the airport.

It is very important to research the health risks you may be exposed to in the host country you are visiting. Is an epidemic occurring? Take the appropriate immunizations before you leave. Even if all necessary precautions are taken, it is still possible to get sick. If you do catch something try to see a doctor for medical attention. Make sure you understand clearly the actions and interactions of any drugs you are prescribed.

Wellness

Wellness is an important part of well-being. It doesn’t matter if you are traveling on an international trip or working in your office. The wellness tips are the same.

- Pick healthy food options, including low-fat choices, and plenty of fruits and vegetables.
- Drink lots of fluids to be well hydrated. Remember some drinks, including those with caffeine, dehydrate your body.
- Stand up and walk every couple of hours.
- Exercise adequately.
- Get regular and enough sleep nightly.

Deep Vain Thrombosis (DVT)

During long hours of driving or flying you should stand up and walk at least every 2 or 3 hours to avoid a Deep Vein Thrombosis (DVT). Statistics show that 1 in 6,000 suffer a DVT. It can be worse by becoming a pulmonary embolism, which is often fatal. Know some of the factors that contribute to a DVT.

- Long travel length
- Overweight individual
- Sedation – This is dangerous you may stay in the same position for extended periods of time.
- Caffeine and alcohol accelerate dehydration.
- Remaining seated without moving much
I hope those tips can make your trip more pleasurable minimizing the possibility of getting sick or needing something you didn't bring with you.

Be Safe There and Back!

To learn more about Travel Tips in Health & Medical Care what this video: http://www.youtube.com/watch?v=1Oykcql6qm8&feature=c4-overview-vl&list=PL4424116EE603E0D7