



## Tarrant County Public Health Top 10 Travel Tips

Venturing out into the world can be thrilling and exciting, but also dangerous. Here are some helpful tips for travel outside the U.S.:

1. Get advice from a health care professional.
2. Let your body adjust once you arrive at your destination.
3. Protect yourself from disease-bearing insects.
4. Avoid going barefoot...even on a beach.
5. Make sure any water you consume (including ice) is purified.
6. Eat only well-cooked foods.
7. Wash and peel any fruits or vegetables before eating.
8. Pre-fill your prescriptions, just in case you can't refill them where you're going.
9. Avoid swimming in unguarded rivers, lakes and streams.
10. Choose your modes of transportation carefully.

Consult Tarrant County Public Health's Travel Health Services four to six weeks before your trip for the most up-to-date immunization recommendations and other helpful information regarding your destination.

**817-321-4700**

<http://health.tarrantcounty.com>



*Safeguarding our community's health*

### Special Travel Tips to help avoid Avian Influenza (Bird Flu)

- Tarrant County Public Health does not recommend any restrictions on travel to areas affected by Influenza H5N1 (bird flu), but offers this advice:
- Avoid all contact with poultry, including touching live, sick or dead chickens and ducks.
- All foods from poultry, including eggs and poultry blood should be cooked thoroughly (influenza viruses are destroyed by heat).
- If you become sick with symptoms such as a fever, cough, sore throat, or experience difficulty breathing, contact a U.S. Consulate office to assist you in locating medical services.
- As with other infectious illnesses, one of the most important preventive practices is careful and frequent hand washing. Waterless alcohol-based hand gels may be used when soap is not available and hands are not visibly soiled.
- Monitor your health for ten days after your return. If you become ill, consult your health care provider(s) and inform them of your recent travels.
- Visit the U.S. Centers for Disease Control and Prevention Traveler's Health Web site at <http://www.cdc.gov/travel>.