



# EXPLORE THE WORLD PROTECT YOUR HEALTH

A TRAVELER'S GUIDE TO  
HELPING YOU STAY HEALTHY  
ON YOUR JOURNEY.



# READY, SET, GO!

You're planning a trip outside the United States. Of course you're excited . . . and you're not alone. More and more people like you are traveling internationally. And, more than ever, the desire is to have truly authentic cultural experiences by renting homes instead of hotel rooms, enjoying street fare at neighborhood markets, or partaking in cultural events, festivals, and local celebrations.

That's why, along with planning your itinerary, it's important to start planning how you can protect your travel health. By taking the right steps, you can have the authentic experience you want, with peace of mind.

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The fact is, when you travel abroad, you may be more susceptible to diseases that aren't a threat or as prevalent in the U.S.: diseases you can get from poor sanitary conditions, mosquitoes, and rabid animals.<sup>1-3</sup> That's why **Travel Health Connect** wants to make sure you have the information you need to make sure your travel health is protected.

The content in this brochure is for informational purposes only.



# WHAT TO EXPECT

This guide highlights some of the diseases and health risks that you could potentially be exposed to during your travels. We've also included smart eating tips while you're abroad, as well as other resources that can help provide additional information.

While we present a number of diseases and health risks, this is not all-inclusive and should not be used as a substitute for professional medical advice. A healthcare professional who specializes in travel health can provide you with advice and information on the health concerns specific to your upcoming travel, as well as preventative and treatment options.

Some things you may want to discuss at your visit<sup>4</sup>:

- When you'll be going, what continents and countries you'll be visiting, and for how long
- Your current health and medical history
- Preventative measures you can take to help protect yourself during your trip
- A schedule of how you will complete any recommended vaccines and medicines

**Travel Health Connect** provides information and ideas related to travel health. Visit us at [TravelHealthConnect.com](https://TravelHealthConnect.com).

**Ask your healthcare provider about preventative care for travel-related diseases.**

# SOME HEALTH RISKS TO KNOW BEFORE YOU GO

No one wants to get sick when they travel, so knowing all you can about your risks, as well as taking precautions and following safe eating, drinking, and traveling practices, can help. Here's a high-level view of some travel health concerns, and how you can protect yourself.<sup>1</sup>

## Typhoid Fever

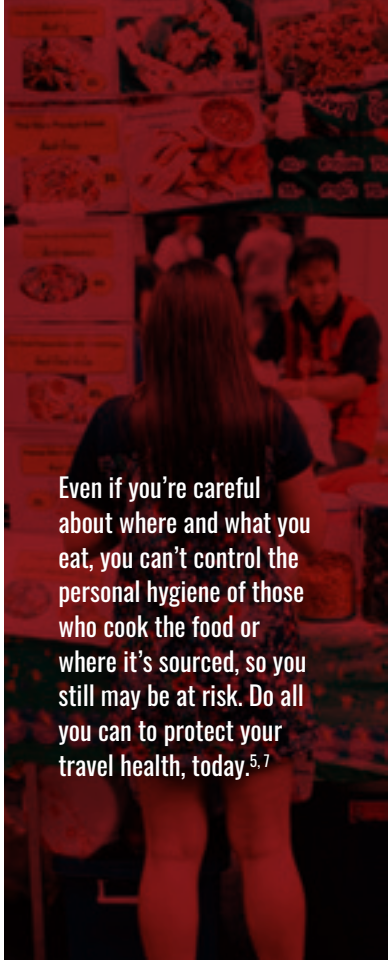
Typhoid fever is a life-threatening illness you can catch from eating or drinking contaminated food or water. It's caused by a bacterium called *Salmonella enterica* serovar Typhi.<sup>5</sup> Signs and symptoms of typhoid fever include a sustained high fever (as high as 103°F-104°F), stomach pains, headache, loss of appetite, and feeling weak. A rash may also occur.<sup>6</sup>



### HOW YOU CAN HELP PROTECT YOURSELF

Two ways you can help avoid typhoid fever:

1. Avoid risky foods and drinks. This includes things like tap water, raw fruits and vegetables, and foods from street vendors.<sup>5</sup>
2. Ask your doctor about preventative treatment options.<sup>4</sup>

A background image showing a market stall with various food items and people. The image is overlaid with a semi-transparent red filter. The text is white and bold, providing a warning about food safety.

Even if you're careful about where and what you eat, you can't control the personal hygiene of those who cook the food or where it's sourced, so you still may be at risk. Do all you can to protect your travel health, today.<sup>5,7</sup>

## Cholera

Cholera is a diarrheal illness that is prominent in places where there is inadequate water treatment, sanitation, and hygiene. It is usually a mild or symptomless disease; however, some people will develop severe disease. Severe cases are characterized by profuse watery diarrhea, vomiting, and muscle cramps. A rapid loss of body fluids can occur as a result, causing dehydration and shock. Without treatment, death can occur within hours.<sup>1,7</sup>



### HOW YOU CAN HELP PROTECT YOURSELF

Travelers to countries where cholera is regularly found (parts of Africa, Asia, and the Caribbean) may be at risk of contracting the disease. Following food and water precautions can help protect you. In addition, the Centers for Disease Control (CDC) recommends travelers aged 18 through 64 years going to an area of active cholera transmission may be advised by their healthcare professional to receive a cholera vaccine.<sup>1,8</sup>

Ask your healthcare provider about  
preventative treatment options.





## Rabies

Rabies is a disease that can be spread by the saliva of infected animals. The most common way to be infected with rabies is to be licked, bit, or scratched by an animal that is infected with the rabies virus. Rabies affects the central nervous system and causes brain disease and death.<sup>3</sup>



Rabies is found worldwide. Once the symptoms of rabies appear in a person who has become infected, it is nearly always fatal; therefore, prevention is especially important.<sup>3</sup>

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## Hepatitis A

Hepatitis A is a contagious liver infection caused by the Hepatitis A virus. The most frequently identified risk factors are international travel and ingestion of food and drinks contaminated with small amounts of stool from an infected person.<sup>9</sup> Symptoms can include fever, nausea and vomiting, stomach pain, diarrhea, jaundice, and fatigue.<sup>9,10</sup>

Hepatitis A occurs in many areas of the world, including parts of Africa, Asia, Eastern Europe, and Central and South America.<sup>10</sup>



## Japanese Encephalitis

Japanese encephalitis is a potentially deadly disease that is spread by mosquitoes. The disease usually takes between 5 and 15 days to develop; signs and symptoms include fever, headache, vomiting, confusion, and difficulty moving. Japanese encephalitis can be a serious disease causing brain swelling, coma, and death.<sup>11</sup>

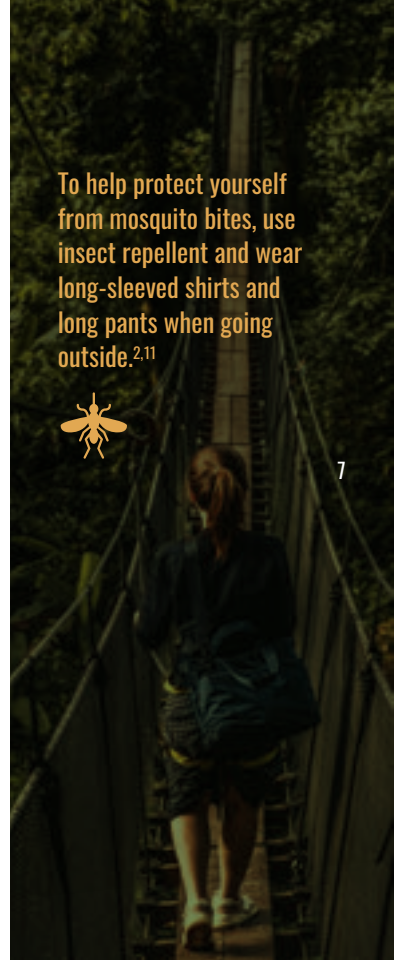
Your risk of contracting Japanese encephalitis is dependent on where you will be traveling, the time of year, the activities you have planned, and the length of your trip. The disease is typically found throughout Asia. Your risk is higher in northern Asia during the summer and fall, and year-round in tropical and subtropical areas.<sup>11</sup>

## Yellow Fever

Yellow fever virus is a mosquito-borne illness found in tropical and subtropical areas of Africa and South America. Most infected people will experience mild or no symptoms and will fully recover; however, the initial symptoms in some people range from a fever with aches and pains to nausea and vomiting to severe liver disease with bleeding and yellowing skin (jaundice). Most people with initial symptoms will improve within a week.<sup>2,12</sup> About 30%-60% of people with severe yellow fever die of the disease and there is no treatment available.<sup>12</sup>

Ask your healthcare provider about  
preventative treatment options.

To help protect yourself  
from mosquito bites, use  
insect repellent and wear  
long-sleeved shirts and  
long pants when going  
outside.<sup>2,11</sup>



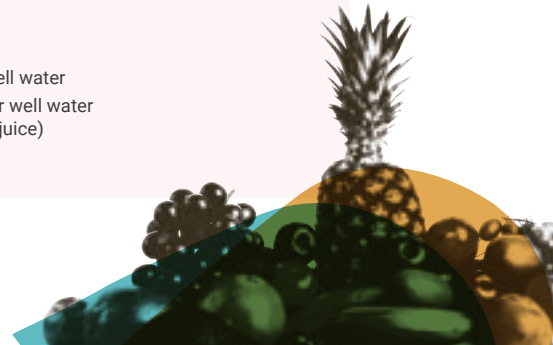
# EXPLORE NEW CUISINES... WITH CAUTION

EXCERPT FROM CDC GUIDELINES FOR SAFER EATING WHILE ABROAD<sup>13</sup>

SAFER ✓	RISKY ✕
<b>FOOD</b> <ul style="list-style-type: none"><li>• Food that is cooked and served hot</li><li>• Food from sealed packages</li><li>• Hard-cooked eggs</li><li>• Fruits and vegetables you have washed in safe water or peeled yourself</li><li>• Pasteurized dairy products</li></ul>	<b>FOOD</b> <ul style="list-style-type: none"><li>• Food served at room temperature</li><li>• Food from street vendors</li><li>• Raw or soft-cooked (runny) eggs</li><li>• Raw or undercooked (rare) meat or fish</li><li>• Unwashed or unpeeled raw fruits and vegetables</li><li>• Condiments (such as salsa)</li></ul>
<b>BEVERAGES</b> <ul style="list-style-type: none"><li>• Water, sodas, or sports drinks that are bottled and sealed (carbonated is safer)</li><li>• Water that has been disinfected (boiled, filtered, treated)</li><li>• Ice made with bottled or disinfected water</li><li>• Hot coffee or tea</li><li>• Pasteurized milk</li></ul>	<b>BEVERAGES</b> <ul style="list-style-type: none"><li>• Tap or well water</li><li>• Fountain drinks</li><li>• Ice made with tap or well water</li><li>• Drinks made with tap or well water (such as reconstituted juice)</li><li>• Unpasteurized milk</li></ul>

The CDC's complete guidelines can be accessed at [wwwnc.cdc.gov/travel/page/food-water-safety](http://wwwnc.cdc.gov/travel/page/food-water-safety).

[TravelHealthConnect.com](http://TravelHealthConnect.com)





## Boil it, cook it, peel it, or forget it!

It may sound obvious, but in the spirit of some moments, it's easy to make some choices that are tempting at the time but may be risky in the long run. The food and drink choices you make while traveling can impact your risk of getting sick. Contaminated food or drinks can cause travelers' diarrhea and other diseases. Reduce your risk by making smart food and drink choices.<sup>13</sup> Use the table on the previous page as a guide to what you should avoid and are okay to safely eat abroad.

If you aren't sure if a food or drink is safe, the saying  
**“BOIL IT, COOK IT, PEEL IT, OR FORGET IT”**  
can help you decide whether it's okay to consume<sup>14</sup>



**BOIL IT**



**COOK IT**



**PEEL IT**



**OR FORGET IT**

# BEFORE EXPLORING THE WORLD, EXPLORE TRAVELHEALTHCONNECT.COM

**Travel Health Connect** is a guiding resource focused on protecting travel health, wherever in the world you travel.

This brochure is just one of the ways we help provide the information and connections you need to keep yourself healthy while enjoying the culture and cuisine of different countries.

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## Visit [TravelHealthConnect.com](https://TravelHealthConnect.com) for more valuable insights:

- Disease facts including what it is, where it's found, how you get it, symptoms, and precautions you can take
- Country by country listings with warnings of local diseases and health risks
- Tips and learnings from experts and experienced travelers, like you
- Direct links to the CDC, State Department, and more for up-to-date guidance and alerts before you travel

**TravelHealthConnect.com** gives you information and resources to help you travel like a local, while enjoying peace of mind about your health—all in one place. Wherever you're planning to travel, make us the first stop on your next adventure!

### Additional Resource: CDC's *TravWell* App

This free app provides destination-specific travel information to help you plan for safe and healthy travel. You can download *TravWell* right from the CDC's website.<sup>15</sup>



#### DID YOU KNOW...

In a travel survey, only 2% of travelers complied with recommended food and water precautions<sup>14,\*</sup>

\*Survey of 688 international travelers.

TravelHealthConnect.com

# THIS VISIT, ASK HOW YOU CAN HELP PROTECT YOUR HEALTH WHILE TRAVELING.

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