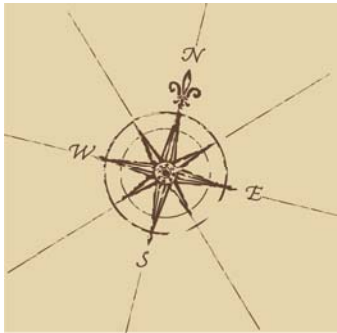
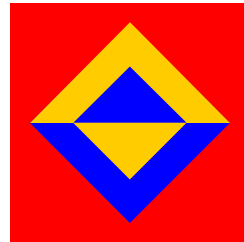


Bon Voyage!



The unanticipated and the new
make international travel
very exciting.

Preparation and common
sense precautions can help
assure that your trip is
enjoyable, enlightening, and
an adventure to remember.



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Preparing for Your Travel



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Preparation—Your Passport to an Enjoyable and Successful Trip



Most travelers look forward to the adventure of international travel with great anticipation. Attention to the following issues can help lessen the risk of unexpected and unpleasant occurrences during your travel.

Avoidance of Travel Related Food/Waterborne Illness

A variety of illnesses can be acquired through exposure to contaminated foods and beverages. International travelers need to select their foods and beverages carefully recognizing this risk.

Employing these measures can lessen the risk of acquiring such illnesses:

- Boiling water for one minute
- Drinking bottled water
- Using "backpacker" filters/iodine to purify water
- Using portable UV water purifiers
- Selection of foods: well-cooked/hot
- Avoidance of:
 - Salads, raw vegetables
 - Unpasteurized dairy products
 - Street vendors
 - Ice

Avoidance of Insect-borne Illness

Insect borne illness can be a very significant hazard for international travelers. Understanding and preparing for this risk is crucial for travelers heading to a variety of international destinations.

A variety of precautions can be taken including:

- Cover exposed skin.
- Use insect repellent containing DEET 25 - 50%.
- Treat outer clothing with permethrin.
- Use permethrin-impregnated bed nets.
- Have insect screens over open windows.
- Air conditioned rooms
- Inspect for ticks.

Avoidance of Travel Related Non-Infectious Hazards

Depending upon a traveler's itinerary and means of transportation, he or she could encounter a variety of environmental hazards. Being prepared for such encounters is an important aspect of planning for international travel.

Some of the non-infectious hazards for which international travelers should anticipate and prepare for are below:

- Air Travel - decreased cabin barometric pressure, deep venous thrombosis risk
- Jet Lag
- Motion Sickness
- Excessive sun exposure
- Extreme Heat and Cold
 - Dehydration, heat stroke
 - Hypothermia, frostbite
- Altitude illness
- Water recreation
 - Drowning, boating & diving accidents
 - Biological and chemical contamination
- Injuries, particularly those due to automobile accidents, are a leading cause of death in international travelers.

Animal exposures - In some areas of the world rabies is endemic. Avoidance of exposure to animals both wild and domestic is advised (particularly for children).

Crime, political instability - educate yourself as to safety and political circumstances surrounding your travel itinerary.

Preparation of a Travel Emergency Kit

In preparing for travel the prospective traveler should put together a traveler's "first aid" kit. Contents might include:

- Copy of medical records and extra pair of glasses
- Prescription medications
- Over-the counter medicines and supplies:
 - Analgesics
 - Cold medicines, cough suppressants, antihistamines
 - Antibiotic/antifungal/hydrocortisone creams
 - Pepto-Bismol tablets, antacid, Imodium
 - Band-Aids, gauze bandages, tape, Ace wraps
 - Insect repellent, sunscreen, lip balm
 - Tweezers, scissors, thermometer

Purchase of travel medical insurance should be considered (including medical air evacuation coverage).