



Our Personal Guest

## A PASSPORT TO A TRAVELER'S HEALTH

The travel industry of America reports that approximately 1.27 billion trips were taken within the United States last year. According to the US Travel and Tourism Administration, 45 million Americans traveled abroad.

Many of these travelers may not have considered their trip could be derailed by a minor illness. As you can imagine, nothing spoils a vacation or business trip faster than an attack of diarrhea, motion sickness, or the flu ---- all of which can confine you to your hotel room or ship's berth.

To help ensure that your next trip is filled with travel pleasures, McNeil Consumer Products Company, maker of IMODIUM A-D antidiarrheal, has developed this brochure, "A Passport to Travelers Health," which outlines some of the most common travel maladies and offer suggestions on how to anticipate, avoid and treat them.

Also included is information on how to find a physician in a foreign country, what to know about immunizations, as well as a list of hotlines and reference books for additional information on travel health.

Before leaving for vacation, you should visit your family physician to discuss any troubling symptoms that might become a problem during your journey. Many health concerns can be addressed prior to your trip and worries about illness or discomfort can often be alleviated by working with your doctor and your travel agent.

So regardless of the destination, we hope you'll follow the recommendation of travel health experts and spend a few moments preparing for the unexpected.

### DIARRHEA

Diarrhea is most common malady experience by travelers ---- whether they're visiting a foreign country or another state. The centers for Disease Control reports that, depending upon the destination and length of the stay, between 20 and 50 percent of Americans who traveled abroad last year developed diarrhea.

There are two types of diarrhea: noninfectious diarrhea, which is caused by stress, excitement, or a change in diet, and infectious diarrhea, which is caused by bacteria found in tap water and food.

Travelers Diarrhea is most prevalent in Latin America, Africa, the Middle East, Asia, some Caribbean Islands, and most southern European countries.

If you do experience a bout of diarrhea, health experts recommend that you do the following:

- Prevent dehydration and replenish lost fluids by drinking plenty of fruit juice and bottled water.
- Limited food intake to hot soups and tea, followed by blank crackers, Jello, and try toast. As your appetite grows, add simple baked foods.
- Take an over the-counter antidiarrheal medication, such as IMODIUM A-D caplets or liquid. IMODIUM A-D is the nonprescription brand recommended most by doctors and pharmacists to provide fast relief, often in one dose.

- Only IMODIUM A-D contains the most effective antidiarrheal medicine and is indicated for the treatment of Traveler's Diarrhea.

**Note:**

National Institutions of Health recommend you pack an effective antidiarrheal product, because it may not be available at your destination.

- Consult your physician regarding any additional medications that may be appropriate.
- Contact your physician if your diarrhea last more than two days, if you have a fever over 101 F, or if blood or mucus is present in the stool.

## FOOD & DRINK PRECAUTIONS

Sampling regional cuisines is one of the great pleasures of travel, provided you take a few simple precautions. To avoid illness, especially when visiting developing countries, travel health experts recommend:

**DO :**

- Drink only bottled water or hot beverages.
- Eat only those fruits that you have peeled yourself.
- Drink only freshly squeezed fruit juice at your hotel.
- Be sure that foods are well cooked and arrive hot.

**DONT :**

- Drink tap water or use ice cubes.
- Eat fruit that doesn't need peeling.
- Drink fresh fruit juice which has been standing for a long time - even at your hotel.

Eat uncooked vegetables, or raw meats, fish or shellfish.

Drink unpasteurized milk or dairy products.

Eat foods or drink juices sold by street vendors.

## MOTION SICKNESS

Approximately 90 percent of adults experience motion sickness at some time. To alleviate such symptoms as nausea, dizziness, light-headedness, disorientation, and vomiting, travel health experts suggest that you:

- Minimize motion --- sit over the wing of the plane; ride in the front seat of the car and watch the road; stay on deck in the middle of the ship.
- Don't stare at waves or moving objects; instead look out at a spot 45 degrees above the horizon.
- Breathe fresh air, if possible.
- Recline and try to sleep.
- Don't read or watch a movie.
- Consult your physician regarding anti - motion - sickness medications.

## COLDS & FLU

Your chances of becoming ill increase when traveling overseas. The more remote the area you visit, the more likely it is that you will encounter a virus or bacteria to which you haven't been previously exposed. When a cold or flu strikes, health experts recommend that you:

- Decrease activity, get rest, and drink plenty of fluids.
- Consider using a multi-symptom cold-relief medication, such as TYLENOL Cold.

- If your flu symptoms are accompanied by diarrhea and cramping, you may be suffering from symptoms of the intestinal flu. Keep an antidiarrheal, such as IMODIUM A-D Caplets, on hand, just in case.
- Check with your physician on return. above the horizon.

## OVERACTIVE BLADDER

People with overactive bladders may experience symptoms of frequency (urinating more than eight times per day), urgency (an overwhelming urge to urinate) or incontinence (a sudden, uncontrolled release of urine). Overactive bladder can be difficult problem to cope with during trips, requiring many restroom visits. However there is help available. If you are among the 17 million Americans who have overactive bladder, ask your doctor about prescription medications that can help decrease the urge to urinate as often and make travel easier. For more information visit [www.overactivebladder.com](http://www.overactivebladder.com).

## ALLERGIES

People who suffer from allergies to molds, mites, dust, pollen, animal fur, insects, foods, and other substances should take the same precaution on vacation as they do at home. Bring any prescription or over-the-counter anti-allergy medication used on a regular basis. It's also a good idea to bring an antihistamine in case of accidental exposure to a substance that triggers an allergic reaction. It also may be helpful to pack your own pillowcase for use in hotels, especially if you have sensitive skin. Some hotels even offer non-allergic pillows and non-smoking rooms. Ask your travel agent for availability.

## HEATSTROKE & SUNBURN

The best protection against both heatstroke and sunburn is to know your capacity for exercise and sun exposure. It's important to note that

cold climates also pose the risk of sunburns. For smart fun in the sun, follow these precautions:

- Always use sunscreen. Beware of the Sun Protection Factor (SPF) rating --- the higher the SPF number, the greater the sun protection. Choose a sunscreen, such as Sundown, with the correct SPF for your coloring and propensity for burning.
- Moderate your exposure to the sun.
- Drink plenty of water to replenish your fluids.
- Take breaks from the sun during the day to cool your body. Rinse your body to remove sun-care products, surface dirt, and sweat that can interfere with your body's cooling system.

## INSECT BITES

While most insect bites are just annoying, some may also pose health risks, such as Lyme Disease, malaria, Dengue Fever, African Sleeping Sickness, and Yellow Fever. To guard against insect bites, health experts recommend that you:

- Use an insect repellent with a 30 to 50 percent concentration of the active ingredient DEET.
- Apply the repellent to clothes and exposed skin.

Consult a PHYSICIAN or call THE CENTER FOR DISEASE CONTROL to determine whether your destination exposes you to insect-transmitted diseases.

## ACHES & PAINS

Oversized suitcases, long walking tours,

cramped seating, and trying to fit two weeks of vacation planning into seven –day week can cause headaches or body aches and pain. To relieve these minor aches and pain, physicians and pharmacists recommend you take a non-aspirin pain – relievers, such as TYLENOL acetaminophen. Travelers who experience severe pain or pain accompanied by fever should consult a physician promptly.

## TRAVEL HEALTH KIT

Travel experts and physicians recommend packing a "Travel Health Kit " to guard against common travel ailments, whether you are crossing state lines or international borders. Your kit should include essential over-the-counter medications and everyday items such as:

Adhesive Tape.
Antibacterial Ointment
Antiseptic Soap
Antidiarrheal, such as IMODIUM A-D Caplets or liquid.
Adhesive Bandages such as Band-Aid brand.
Aspirin-free pain reliever, such as TYLENOL.
Water Purification Tablets.
Your prescription medicines.
Cold medication such as TYLENOL Cold.
Cotton Swabs such as Johnsons Swabs.
Eye Protection / Sunglasses
Insect Repellent with DEET.
Sunscreen, such as Sundown.
Thermometer.
Scissors, Tweezers.
Throat Lozenges.

## LOCATING A PHYSICIAN WHILE TRAVELLING

Americans traveling within the U.S. are never far from excellent medical care; however, finding quality medical assistance while abroad can be frustrating and frightening. Each year more than 500,000 Americans require some kind of medical attention while traveling in a foreign country. For advice on obtaining names of hospitals or English-speaking doctors, health experts recommend that you:

- Consult the U.S. Embassy or U.S. Consulate in the country you're visiting.
- Call the International Association for Medical Assistance to travelers, a worldwide organization of hospital and medical facilities, where English is spoken and doctors/medical staff agree to provide medical care to travelers in distress.
- Seek a university-affiliated teaching hospital in a major society.
- Secure names of physicians before leaving the U.S.

## SPECIAL TRAVELERS

Travel shouldn't pose any problem for those individuals who are pregnant or have a chronic illness, such as hypertension or diabetes. However, travel health experts suggest that you review your itinerary with a physician before leaving. Health care professionals also recommend that you:

- Be conservative when choosing what to eat and drink, to guard against diarrhea.
- Clearly label prescriptions and pack a second set in case of lost luggage or an unexpected delay.
- Carry a doctor's letter or medical

## IMMUNIZATIONS

Each country has policies regarding immunization. Required vaccinations depend upon your destination, duration of stay, and past immunization history. Check with a local travel health clinic or physician to learn what vaccinations are required and recommended. Be sure to plan for the shots long enough in advance of departure to allow adequate time to obtain maximum protection.

## FOR MORE INFORMATION

For additional information, consider reading:

### Health Guide for International Travelers: How to Travel and Stay Well.

- T. P. Sakmar, M.D.
- P. Gardner, M.D.
- G. N. Peterson, M.D.

### Health Information for International Travel:

- Center for Disease Control

### International Travel Health Guide

- S.R. Rose

### Travel with Health – II

- H.L. DuPont, M.D.
- M.W. DuPont

The following organizations serve as ready resources for immediate travel assistance and medical information:

American Express' Global Assist Hotline	800-554-2639
AT&T	800-874-4000
Center for Disease Control's International Association	404-498-1515 & 800-311-3435
Hotel & Travel Index	800-334-2811
International Association of Medical Assistance to Travelers	716-754-4883
Office of Passport Service	202-647-0518
U. S. State Department's Citizens Emergency Center	202-647-5225
Western Union	800-325-6000

### Useful websites: Travel Medicine ...

[www.ASTMH.org](http://www.ASTMH.org)

[www.ISTM.org](http://www.ISTM.org)

<http://cdc.gov/>

## SHOTS RECOMMENDED FOR INDIA

- Tetanus & Diphtheria
- Typhoid Vi (only good for 2 years)
- Polio Booster (if one has not had it in 30 years)
- Hepatitis A (2 Inoculations, i.e. the gamma globulin)

Also:

- Anti-Malaria Medicine

## TO GET SHOTS AND ADVICE YOU CAN CONTACT

### International Health Care Service

New York Hospital  
Cornell Medical Center  
440 East 69th street  
New York, NY 10021  
Tel: 212 746 1601  
Fax: 212 746 8978

## MEDICAL INFORMATION CARD

Prepare for your trip by filling out a medical information card. Carry it with you at all times.

Name:

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Address:

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Social Security Number:

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Insurance Company Name:

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Address:

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Policy Holder:

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Policy Number:

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Medicare/medical Number:

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Incase of emergency, contact:

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Blood type:

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Drug allergies:

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List of current medications, both brand name and generic:

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Doctor's Name:

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Address:

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Phone Number:

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