

**JULY**



# Summer Travel Overseas

Information for Your Patients

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## In This Issue

**Gaps in care Outreach**  
topic:  
Tips to Reduce your risk  
of getting sick or hurt  
abroad

### Follow the Link:

Facebook  
UOP website

**Helpful Links:**  
CDC (US Dept of Health  
and Human Services)

### Contact Us:

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### During Your Trip:

#### Eat and Drink Safely –

- Contaminated food or drink can cause travelers' diarrhea and other diseases.
- Make sure food is cooked and served hot.
- Drink water or soda that is bottled and sealed.

#### Protect yourself from the Sun –

- Wear SPF 15 or higher when enjoying outdoor activities.

#### Prevent Insect Bites –

- Use an EPA registered insect repellent.
- Apply sunscreen first, then insect repellent. Be sure to follow instructions on label and reapply as directed.
- Using insect repellent can protect you from diseases spread by mosquitoes, such as Zika, dengue, and malaria.

#### Practice Road Safety –

- Always wear a seatbelt, ride only in marked taxis, be alert when crossing the street, and avoid overcrowded, overweight, or top-heavy buses or vans.

**\*As always, maintain regular visits with your primary care provider**

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