Travel Wellness Checklist

BEFORE YOU TRAVEL

- Get a lot of sleep
- Stay hydrated
- Take a C supplement
- Take macrobiotics
- Eat healthy meals
- Wash your hands often and thoroughly
- Avoid touching your face
- Check and update travel and health insurance

PACKING YOUR CARRY-ON BAG:

- Hand sanitizer (TSA-friendly bottle)
- Disinfecting hand and face wipes
- Disinfecting spray and wipes for surfaces
- Antihistamine tablets and cream
- Pain relief medication
- Loperamide tablets
- Lotion and lip balm
- Eye drops and nasal spray
- Own small blanket to stay warm

DURING YOUR FLIGHT

- Stay hydrated
- Wash your hands often and thoroughly
- Avoid touching your face
- Wear a face mask if necessary
- Sleep as much as possible
- Wear socks (to keep warm and germs away from your feet)
- Disinfect your seat and tray table often
- Sanitize your hands often after touching handles, tray tables and after visiting the rest room
- Get up and move around often

DURING YOUR HOLIDAY

- Stay hydrated
- Get enough sleep and rest
- Eat healthy meals
- Take your vitamins
- Exercise regularly
- Wash your hands often and thoroughly
- Avoid touching your face
- Use hand sanitizer and disinfecting hand and face wipes
- Use sunscreen and wear a hat
- Limit alcohol and coffee intake