

Staying Healthy While Traveling

Nothing is worse than having vacation time interrupted by illness. Here are a few general rules for staying healthy while traveling:

- Wash hands frequently with soap and water. If soap and water are not available, use hand sanitizer.
- Practice respiratory hygiene by using a tissue to cover coughs and sneezes.
- Prevent mosquito and other insect bites by using DEET or picaridin-containing repellents and clothing that provides complete coverage.
- Always use sun protection, including sunscreen, hats and sunglasses.
- Drink plenty of water and avoid excessive alcohol and caffeinated drinks, which can dehydrate you.
- Ensure all foods you eat are thoroughly cooked and are served at the appropriate temperature.
- Get plenty of rest.
- Have a bottle of water with you at all times. Aim to drink at least 64 ounces per day.

No time to dine?

One of the biggest problems with vacation is poor nutrition. Often, it's just too easy to eat one fast-food meal after another. Here are some tips for healthier eating on the go:

Make Time

- Instead of stopping at the drive-through, bring high-fiber cereal with skim milk, fruit such as an apple or banana, drinkable yogurt or whole wheat bread with peanut butter.

Try the Grocery Store

- Find a local grocery store nearby and stock up on fruit, even pre-cut fruit, pre-washed vegetables, nuts, trail mix or granola bars.
- Stop at the deli and grab a sandwich on whole-grain bread with lean turkey or chicken, lots of veggies and mustard instead of mayo. Or make a salad at the salad bar to take with you.

Fuel Up at the Gas Station

- Chose a small bag of unsalted nuts, fresh fruit, low-fat string cheese, whole grain crackers, dried fruit, a high-fiber or cereal bar, a high-protein meal replacement shake or low-fat chocolate milk.

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