TO:  Senior Newsletter  
FROM:  Lisa Cross, Health Educator  
RELEASE DATE:  July 2012  
RE:  Safe Travels

Are you planning a summer or fall trip? Following are a few tips to ensure safer, more pleasurable travels.

- **Vaccinations:** Find out if you require any new or updated shots. Certain areas of travel require or recommend shots, especially travel overseas. Visit the Centers for Disease Control and Prevention (CDC) web site, at [www.cdc.gov/travel](http://www.cdc.gov/travel) and click on your destination for required or recommended vaccines.

- **Current medications:** If you currently take medications and will be crossing time zones, check with your physician as to whether you should continue to take your medication based on your local time zone or the time zone you are traveling to. Also, pack your current medications in their prescribed bottles. This will expedite your time in customs. Carry all current medications in your carry on bag to avoid loss or damage.

- **Guard against deep-vein thrombosis (DVT):** Older adults run a higher-than-average risk of developing a DVT. This is especially true when sitting still for long periods of time on an airplane, train or in an automobile. Some research finds that wearing “compression stockings” can help prevent this dangerous condition.

- **Water consumption:** Drink plenty of water on the plane, as the air inside a plane is dry and can promote dehydration.

- **Prepare in advance:** Talk with your travel agent to see if there are any restrictions or travel advisories for your vacation destination.

- **Review your health plan:** Review your current health plan before travel. Are you covered by your health insurance while in your vacation destination?

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties. Visit us at [www.cmdhd.org](http://www.cmdhd.org) or join us (Central Michigan District Health Department) on Facebook.

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