

Travel Tips

From Synergy Medical Education (no longer in operation)

WATER

- Water is not safe from the tap. Use well-known international brands of bottled water that are sealed.
- Anything boiled is OK (coffee, tea or water). Bring your own creamer to use in coffee.
- Do not use ice cubes! Carbonated beverages are preferred: soda, beer or anything with bubbles.
- Bring straws and use.
- Do not use the tap water to brush your teeth. Bring mouthwash to brush your teeth and rinse the toothbrush with more mouthwash.

FOOD

- Any food served steaming hot, including rice, is OK to eat.
- Raw vegetables usually have been washed in unsafe water.
- Fruit that you can peel is OK to eat.
- Do not eat any fruit that has been prepared as it may have been washed in contaminated water or cut with a contaminated knife.
- Avoid pork as it contains parasites.

WET WIPES/HAND SANITIZER

- Bring wet-wipes. Use these for cleaning cuts and washing hands.
- Waterless hand sanitizer gel is convenient. Always clean hands before eating.
- Handwashing with soap and water is still best if feasible.

BANDAIDS

- Bring some Band-Aids and antibiotic ointment. Use a wet-wipe to clean a scrape or cut and then apply the ointment. Reapply after taking a shower.

TOILET PAPER

- Take at least 1 roll of toilet tissue. Some facilities may not have toilet paper.
- Don't leave your hotel without wet-wipes and tissue.

SUNSCREEN

- Put on at least 15 minutes BEFORE going out in the sun. The closer to the equator you are, the easier you will burn.
- The first line of defense against the sun is covering up with protective clothing.

MOSQUITO REPELLENT

- Sparingly use mosquito repellent with DEET. The best way to prevent malaria is to not get bitten.

RABIES

- Do not pet the animals whether they appear domesticated or are wild.

MALARIA PROPHYLAXIS

- If you have any type of heart problem or epilepsy, you cannot take mefloquine (Lariam).
- Start taking medication 6 days before leaving. Take once per week, every week while there, and weekly for 4 weeks after returning home.
- Take the medication with a noon meal with at least one glass of liquid and a full stomach.