



Lincoln County Health Department

Tips for Healthy & Safe Travel

Vaccines and Medicines

✔ **Go to CDC “Travelers’ Health”** wwwnc.cdc.gov/travel

- Will help you determine what vaccines and medicines you may need based on your travel location.
- Contact Lincoln County Health Department at 715- 536-0307 or your provider to access your immunization record.



✔ **Don’t assume you are up-to-date on all your vaccines.** Certain diseases, like Hepatitis A, can be spread by eating contaminated food. Depending on where you are traveling a Hepatitis A vaccine may be recommended.

✔ **Schedule a visit with your provider,** at least 4-6 weeks, before your trip to get vaccines or medicines you may need. Lincoln County Health Department can also provide certain vaccines (*Hepatitis A, B, Tdap, Flu*).

Eat and Drink Safely



- ✔ Eat food that is cooked, served hot, from a factory sealed package or container and fruits and vegetables you have washed in clean water.
- ✔ Drink bottled water that is sealed, water that has been disinfected; ice made with bottled or disinfected water, carbonated drinks, hot coffee or tea and pasteurized milk.

Prevent Bug Bites



- ✔ Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- ✔ Use insect repellent that contains 20% or more DEET.
- ✔ Use permethrin-treated clothing and gear (boots, pants, socks, and tents). Do not use permethrin directly on skin.

Stay Safe Outdoors



- ✔ Prepare for activities by wearing the right clothes and packing protective items, such as bug spray (20% or more DEET), sunscreen (at least 15 SPF), and a basic first aid kit.
- ✔ Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). Do not use permethrin directly on skin.

Keep Away from Animals



- ✔ Do not touch or feed any animals you do not know.
- ✔ If you wake in a room with a bat, seek medical care immediately. Bat bites may be hard to see.

Reduce Your Exposure to Germs



- ✔ Wash your hands often, especially before eating.
- ✔ If soap and water aren't available, clean hands with hand sanitizer (containing at least 60% alcohol).

Avoid Sharing Bodily Fluids



- ✔ Use latex condoms correctly.
- ✔ Do not share needles or any devices that can break the skin; including needles for tattoos, piercings, and acupuncture.

Know How to Get Medical Care While Traveling



- ✔ Bring all the medicines (including over-the-counter medicines) you think you might need during your trip, including extra in case of travel delays. Ask your doctor to help you get prescriptions filled early if you need to.
- ✔ Review your health insurance plan to determine what medical services it would cover during your trip.

Please note: This list is not all inclusive. For more information about travel safety and specific items to pack based on where you will be traveling visit: wwwnc.cdc.gov/travel or consult with your provider.