



## Foreign Travel Precautions

### **Food and Dining:**

- Avoid foods that are at room temperature if meant to be served hot
- Avoid raw foods and fruit unless self-peeled
- Wash all fruit in bottled water prior to peeling
- Do not consume unpasteurized dairy products or baked goods or dressings made out of custards, creams or mayonnaise
- Avoid foods sold from street vendors
- Do not drink tap water or use ice in your beverages (unless from filtered water)
- Before drinking bottled water, carefully inspect the integrity of the seal (below the cap) and make sure there are no cracks or leakage from the bottle
- Filter/sterilize water if no canned or bottled water is available

### **Insect Bite Protection:**

- Use insect repellent with up to 30-35% DEET on skin
- Screens and mosquito netting should be used if available
- Wear long-sleeved shirts and long pants, and light-colored clothing
- Avoid perfume and activity around dusk
- If also using sun block, apply sun block first (SPF>15) then insect repellent

### **Immunizations:**

- Make sure prior to travel all routine immunizations are up to date
- Consult with an infectious disease specialist for advice on additional vaccines or preventative medications against disease that may be common in the area you are traveling to
- The following **Travel Clinics** are available to determine the need as well as provide for such vaccines/medications as needed:
  - **Northwest Community Hospital** 847-618-2380
  - **Children's Memorial Hospital** 800-KIDS-DOC
- Other reliable sources for travel advice and immunizations:
  - **Center for Disease Control and Prevention Traveler's Health or National Immunization Program**  
[www.cdc.gov/travel](http://www.cdc.gov/travel) or  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)
  - **International Society of Travel Medicine** [www.istm.org](http://www.istm.org)

### **General Advice:**

- Seek medical attention immediately for severe diarrhea, especially if bloody or accompanied by fever
- Avoid fresh water bathing (risk of parasite exposure)
- Avoid animal contact especially in rural areas that are far away from medical care
- Be cautious about air travel if one has a history of anemia or congenital heart disease; if so, consult with your pediatrician or specialist prior to travel