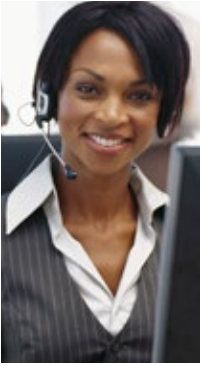




# BalanceWorks® Newsletter

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## Travel Health & Safety Tips

Many people choose to travel during the summer months. The kids are off from school and the weather is beautiful, making it the perfect time to take a trip. Vacations are the time to have fun, let loose, de-stress, and relax! However, there are some health and safety tips that you should keep in mind while traveling to make sure your vacation goes smoothly.

### Health

The key to having a great vacation is to stay healthy. Getting sick while traveling is fairly common as people tend to over-exert themselves, which wears down the immune system. A weakened immune system then makes people more susceptible to illness when coming into contact with germs from re-circulated air on planes to gas pumps and public restrooms.

Here are some tips that will help keep you healthy on your trip:

According to the CDC, washing your hands is the most effective way to prevent the spread of germs. Therefore, it is extremely important

to wash your hands frequently when traveling as you are constantly touching public commodities. Also, you will undoubtedly come into contact with a great deal of people from tourists to store clerks and chances are some of those people will be sick. Be sure to scrub your hands for at least 30 seconds covering them completely. It is also a good idea to carry an alcohol-based hand sanitizer for those times when you simply cannot get to a restroom.

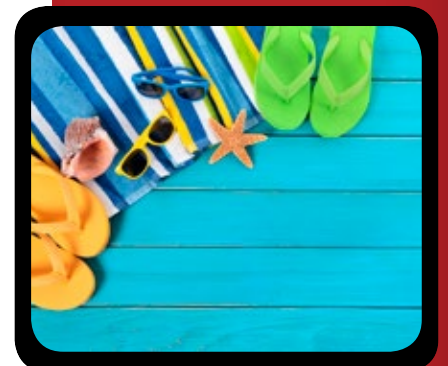
Continue to eat a healthy balanced diet while traveling. This can be difficult as food options are often limited to fast food and vending machines when eating on the go. Seek out restaurants that offer healthy food and pack some healthy snacks like veggie sticks to munch on while on the road. Also, be sure to drink plenty of water as dehydration is a common reason people feel ill when traveling. Eating healthy helps keep the immune system strong and your energy high.

Luckily, many trips are so packed with activity that exercise is built right in. However, if this is not the case, it is important to incorporate exercise into

For more information or support on travel health and safety, contact the work/life experts at **BalanceWorks®** by calling:

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your vacation. Sightseeing on foot is one of the easiest and most fun ways to stay fit while traveling. If there is no time for that, you can always take a quick jog in the morning if weather permits or do some jumping jacks and pushups in your hotel room to get your blood flowing and give yourself an energy boost.

Finally, don't overdo it! Get plenty of rest to ensure that your immune system is strong and that you have plenty of energy to have a fun-filled vacation.

## Safety

If you plan on traveling abroad and vacationing outside of the United States it is important to make sure it's an area that is safe for traveling. There are some regions of the world that have a high level of terrorist activity, have an insurgence, violence, or revolution taking place, are experiencing extreme weather or a natural disaster, or are in the midst of a medical emergency such as an illness outbreak.

These situations can change frequently, which is why it is important to check out the State Departments Travel Website for current travel warnings and alerts. This site places any major warnings or alerts on its homepage. It also allows you to search any country or region for specific information on safety, crime, medical alerts, and more.

The United States State Department also offers the Smart Traveler Enrollment Program for people living and traveling abroad. The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and

nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

## By enrolling in STEP travelers will:

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

It is also important to remember that different countries have their own set of standards and etiquette. Certain countries have expectations and rules when it comes to issues such as dress, showing affection in public, littering, and much more. Check out this great website on travel etiquette all over the world to help you stay safe, respect the culture and of course get the most out of your trip!

*Remember that eni's Personal Assistants are available to help you with your vacation planning needs!*

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