



CDC Travelers' Health Update

Escaping to an overseas retreat this summer? It's that time of year — when people start planning their summer vacations. If you venture overseas for some summer fun, kick-off your travel adventure with CDC Travelers' Health tips.

Before Your Trip:

- Use our destination [tool](#) for country-specific health advice, medications, and vaccines.
- Make an appointment with a [travel medicine specialist](#) or your health care provider at least one month before you leave to get vaccines, medicine, and health advice.
- Pack a travel health kit with any prescription and over-the-counter medicines (enough to last your whole trip, plus a little extra), first aid supplies, your health insurance card, and [more](#).
- Prepare for the unexpected by enrolling in the State Department's [Smart Traveler Enrollment Program](#) (STEP) to get the latest safety updates. It's free!
- Find out if your health insurance covers medical care abroad and, if it doesn't, consider buying additional travel health insurance.



During Your Trip:

- [Prevent insect bites](#). Using insect repellent can protect you from serious diseases spread by mosquitoes, tick, fleas, and some flies, such as Zika, dengue, yellow fever, tick bite fever, and malaria.
- [Eat and drink safely](#). Contaminated food or drinks can cause [travelers' diarrhea](#), the most common travel-related illness, and other diseases.
- Protect yourself from [hot temperatures](#) and [sun exposure](#).
- [Avoid close contact with animals](#). We know that this advice is no fun, but any animal, even if it appears to be friendly or harmless, can be dangerous. Take that photo for social media from a safe distance!

If you get sick during or after your trip, seek medical attention. Tell the health care provider where you traveled.

Check out our new feature → [Summer Travel Tips](#)

May Travel Tip: Pet Importation



Know someone who is planning on bringing back a pet from a trip? Did you travel overseas with your fur baby and plan to return to the US? Do you travel internationally with a service animal?

Follow this advice and you and your furry best friend will have hassle-free travels.

[Bringing Animals into the US](#)