



STAYING HEALTHY WHILE TRAVELING

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This holiday season more people are traveling again to celebrate and traveling over the busy holidays can take its toll on your health. To protect yourself when you are traveling, practice Medcor's Guiding Health Principles and keep reading for tips to stay healthy through the whirlwind of the holidays!

GET VACCINATED

Before you travel, make sure you are up to date on all your vaccinations and check the CDC's webpage for your destination to see if additional vaccines are recommended. Get your flu shot every year and talk to your healthcare provider about when you are due for a COVID-19 booster. You should wear a mask indoors if you are not fully vaccinated, if you have a weakened immune system, or if you are in an area of high COVID-19 transmission.

WASH YOUR HANDS

Handling your hygiene helps prevent illness and promotes a healthier environment, no matter where you are. Wash your hands frequently with soap and

water for at least 20 seconds at a time, especially after you use the bathroom and before you eat or touch your face. Bring hand sanitizer if you are traveling so you can still disinfect when you are not able to wash your hands.

Stay Active

Move your body every day. Remaining active on vacation will give you a mood boost and an immunity boost. You might be tired or pressed for time, but you don't need to do a vigorous workout every day to experience the benefits. Even taking a walk for 20-30 minutes at a time helps you reach the recommended 150 minutes of physical activity a week.

EAT REAL FOOD

Eating real food helps keep you healthy. You don't have to deny yourself your favorite holiday treats, but having fewer of those cookies less often makes them even more special. Make sure you still eat healthy and nutritious food to fill you up before you indulge in sweets.

ENJOY ALCOHOL RESPONSIBLY

Holiday spirits tend to flow on vacations and at parties, so if you drink alcohol think about how much will affect your overall health and wellbeing. Limit your alcoholic beverages to avoid getting sick or being hungover and drink water as well. Stop drinking at least two hours before you go to bed for better sleep.

GET YOUR SLEEP

Adults require 7 hours of **sleep** each night. We all have more commitments this time of year, and when you are traveling it may be difficult to get the amount of sleep you are used to. Try to go to bed at the same time and wake up at the same time you would at home. Avoid large meals and alcohol before bed to sleep more soundly.

SELF CARE

Schedule time for self care before your whole season is booked. **Minding your happiness** will only improve your mental health and overall wellbeing. This might be tough when you have a travel itinerary to stick to but taking time for yourself will make the time with whomever you are visiting more enjoyable. Listen to a guided meditation before a big gathering or as you hop on a flight to relax and recharge yourself.

PLAN AHEAD

When you are traveling (especially internationally) the CDC recommends packing a **travel health kit**. In addition to any prescriptions, bring a small supply of any over-the-counter medications you need regularly or would take for a mild illness. Having medicine you know and trust will be a huge relief if you do fall sick.

Whether you are traveling this season or just running around town with your To-Do list, our Guiding Health Principles and these tips can help keep you healthy through to the new year!

References

1. [Holiday Travel Tips | Travelers' Health | CDC](#)
2. [8 CDC Health Tips for a Safe and Healthy Holiday | CDC Online Newsroom | CDC](#)