

# Good Health Practices at Home and While Traveling

Whether you just got back from a summer vacation, plan on traveling in the future or take occasional business trips, there are some simple precautions you can take before, during and after your trip to ensure you're doing everything possible to prevent becoming ill. While there may be specific health concerns depending upon the country you plan to visit (and you should always determine before leaving on a trip whether you need any vaccines or to take special precautions), these tips can protect you regardless of your final destination.

## General Recommendations:

- Make sure routine vaccinations are up to date.
- Get an annual seasonal flu shot.
- Practice good hand hygiene: Wash your hands frequently with soap or use an alcohol-based hand sanitizer before eating and after using the toilet.
  - Practice good cough etiquette: Cough into a tissue or elbow.
  - Keep your workplace clean and uncluttered.
  - Do not come to work if you are ill and or have a fever.

## Pre-Travel Recommendations:

- Do not travel if you are ill or have a fever.
- Make sure routine and recommended immunizations are up to date and you are familiar with health risks in the destination country.
- Be informed. Check [WHO](#) and [CDC](#) websites to obtain accurate information about any country specific health risks and preventative steps you can take.
- Obtain necessary routine medical/dental care *before* you leave.
- Carry a copy of your personal health record with you.
- Pack a spare pair of eyeglasses or contact lenses with adequate cleansing solution.
- Pack an ample supply of your prescription and routine medications *in their original packaging*. Place them in your carry-on luggage, with copies of your prescription.

## Travel Recommendations:

- Wash your hands frequently with soap or use an alcohol-based hand sanitizer before eating and after using the toilet.
- Practice good cough and sneeze etiquette.
- Avoid live animal markets.
- The risk of traveler's diarrhea is reduced in deluxe accommodations, but food and water precautions are essential to avoid the likelihood of illness.
- Prevent mosquito bites: Use an effective insect repellent that contains DEET, Picaridin, PMD, or IR3535
- If you are a Citi business traveler, and you feel ill or develop fever, contact [International SOS \(ISOS\)](#) at 215-244-1740 for guidance. Do not access the local health system on your own.
- ISOS is Citi's Global Medical Assistance Company and will assist with
  - Health concerns – consult directly with multi-lingua ISOS doctor 24 hours a day
  - Referral to doctors, dentists, clinics or hospitals, as needed
  - Help obtaining a prescription and/or locate a pharmacy, as needed
  - Help arranging an advance of funds if needed to facilitate health care outside the United States
  - Medical transport for evacuation to another health care location if required

## Post-Travel Recommendations:

Monitor your temperature for 14 to 21 days after travel. If you don't feel well or have a fever, stay home from work and seek prompt medical attention for fever, joint pain, rash, cough, nausea or vomiting, and be sure to tell the provider about your travel itinerary.