

Karen's Corner

• FIELD NOTE •

TRAVEL WELL SERIES #4

Travel Well: *When You Get Sick Away From Home*

Getting sick when you're away from home is never fun—but a little preparation and the right steps can help you feel better faster and stay safe.



1



Assess Your Symptoms

- Pay attention to how you feel and any warning signs.
- If symptoms are mild, rest, hydrate, and use over-the-counter medications as needed.
- If symptoms are severe, worsening, or unusual, seek medical care.

2



Know Your Options for Care

- Call me first to see if a telehealth appointment is possible based on your current location. I can often provide care virtually when it's safe and appropriate.
- Local urgent care clinics and pharmacies can help with non-emergency issues.
- In an emergency, call the local emergency number or go to the nearest ER.

When in doubt—call me first!



3



Use Your Travel Health Kit

- Use the medications and supplies you packed to manage symptoms.
- Follow package directions or any instructions we've discussed.
- Avoid starting new prescription medications without medical guidance.

4



Keep Track of Important Information

- Carry a list of your medications, dosages, and medical conditions.
- Have a copy of your insurance card and emergency contact information.
- Save important phone numbers and addresses in your phone.

5



Plan Your Next Steps

- If you see another provider, share your medical history and medications.
- Follow up with me when you return—or sooner via telehealth if needed.
- If symptoms persist or worsen, don't wait—get help.



Questions for Karen

- What symptoms should prompt me to seek medical care right away?
- How can I access care quickly if I get sick while traveling?
- Should I change or stop any medications if I get sick?



Karen's Tip

I always tell patients—don't tough it out. Early care can prevent small problems from turning into big ones. When in doubt, reach out. I'm here to help—even when you're not in town.



A Moment to Reflect

What helps you feel most prepared and at ease when you travel?

Foundation Habits

Small daily choices that support your health—at home and away.



Stay Hydrated



Eat Well



Move Daily



Rest Well



Manage Stress



Contact Karen

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I'm Here for You 

Have a question or concern?

Please reach out—my door is always open.