

Karen's Corner

• FIELD NOTE •

TRAVEL WELL SERIES **#3**

Travel Well:

*Staying Healthy
While You Travel* 

Simple habits on the road can help you avoid illness, prevent complications, and enjoy every moment of your trip.



1



Stay Hydrated

- Drink water regularly throughout your trip, especially in hot weather or during long travel days.
- Limit alcohol and excess caffeine, which can contribute to dehydration.
- Carry a reusable water bottle so it's easy to stay hydrated.

2



Protect Yourself from the Sun

- Wear broad-spectrum sunscreen (SPF 30 or higher).
- Reapply after swimming or sweating.
- Wear sunglasses and a hat when spending time outdoors.

3



Prevent Insect Bites

- Use insect repellent when appropriate.
- Wear long sleeves and pants in areas with mosquitoes or ticks.
- Check for ticks after hiking or spending time outdoors.

4



Food Safety

- Wash your hands before eating when possible.
- Choose foods that are properly cooked and stored.
- If you're traveling internationally or to areas where sanitation is uncertain, ask me about additional food and water precautions before your trip.

5



Keep Your Blood Flowing During Long Trips

- Stand up and move every 1–2 hours whenever possible.
- If you're unable to get up, flex your ankles and tighten your calf muscles several times each hour.
- Stay hydrated throughout your trip.
- Wear loose, comfortable clothing.
- If you've had a blood clot before or have other risk factors, talk with me before you travel.



Questions for Karen

- Does my medical history put me at higher risk for any travel-related health problems?
- Are there any precautions you recommend based on where I'm traveling?
- Should I take any extra precautions because of my medications or medical conditions?



Karen's Tip

One of the easiest ways to stay healthy while traveling is to keep doing the little things you already know are good for you—drink water, get enough sleep, move your body, and wash your hands. Those simple habits go a long way.



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.