

# 'TIS THE SEASON:

## Holiday Traveler's Advice for Preventing the Spread of Infectious Disease

### Traveling home for the holidays?

If you aren't careful, you could end up bringing home an uninvited guest to meet the family: infectious disease.

In addition to monitoring the weather for possible delays, squeezing everyone's gifts into your suitcase and bagging your carry-on liquids for the plane trip, travelers should take a few extra steps to protect themselves from germs and viruses while traveling:

▷ **Get vaccinated.** Immunization can drastically reduce your chances of contracting many infectious diseases. Before you travel, make sure you, your family members and loved ones have gotten their seasonal flu shot.

▷ **Keep hydrated.** Drink lots of water before and during your flight.

- ▷ **Try to catch some sleep on the way.** Most of us get sick when we are stressed or tired. Catching some ZZZs on the plane, train or bus, might help you to stave off a little of that exhaustion.
- ▷ **Bring a scarf or a small blanket.** Packing a small blanket, scarf or sweatshirt in your carry-on bag will allow you to bundle up when you get cold without using blankets that have been who knows where.
- ▷ **Keep your hands clean.** You've heard it before and you'll hear it again: The best thing you can do to prevent the spread of germs and protect your health is to regularly wash your hands with warm water and soap.
- ▷ **If you are flying, turn up the air.** While there has been speculation that the forced-air systems in planes spread germs, experts say the air vents above your seat on planes can help push away the germs that might float into your space.
- ▷ **Keep to your schedule.** As best you can, try not to change your daily habits. Eat the same breakfast, work out the same amount and avoid over- or under-sleeping.
- ▷ **Watch for symptoms.** After your return home, monitor your health. If you become ill with a fever, cough, sore throat, shortness in breath or any other of the regular symptoms of the flu, call your doctor.



**Get Ready**

[getreadyforflu.org](http://getreadyforflu.org)



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