

# Three quick tips to staying healthy when away from home

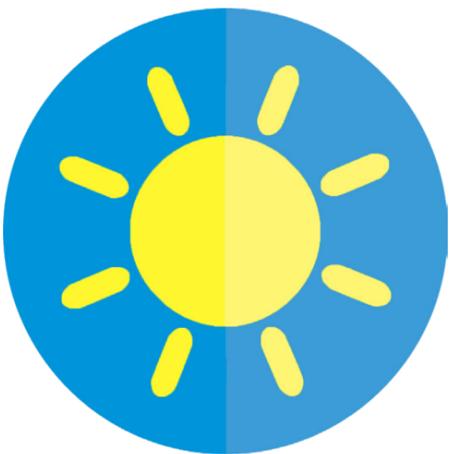
## Tip 1: Put together a travel/emergency health kit

Make sure you acquire and pack any usual prescription medications for each member of your party, ensuring original packaging and pharmacy labels remain intact. It may sound silly, but you may wish to double check that your prescription medicines are legal in your destination country – some drugs are classed as controlled and different regulations may apply. Other items you may want to pack include appropriate SPF sunscreen and after sun lotion, over-the-counter painkillers such as paracetamol and ibuprofen, anti-diarrhoea medications, a good supply of rehydration solution sachets, insect repellent, antihistamine tablets to treat any minor allergic reactions, antiseptic cream, forehead thermometer strips, plasters and antibacterial wipes.



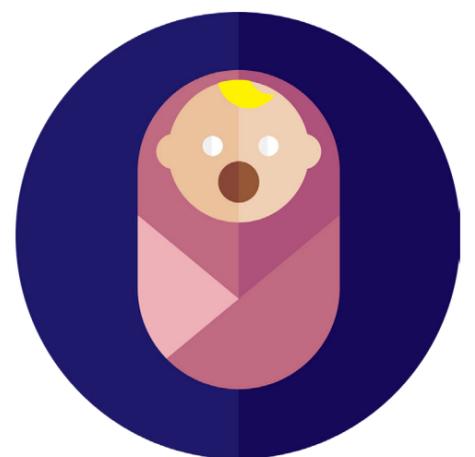
## Tip 2: Avoid sunburn and heat exhaustion

- Stay hydrated by drinking plenty of clear, non-alcoholic drinks throughout the day.
- Whether you are in the sun or shade, apply sunscreen. Re-apply every two hours and straight after swimming or towelling in order to maintain protection
- Spend some time in the shade during the sunniest part of the day when the sun is at its strongest, which is usually between 10am and 4pm in hotter countries
- When it is not possible to stay out of the sun, keeping yourself well covered with a hat, T-shirt, and sunglasses can give you additional protection
- Always keep babies and children covered with a hat, t-shirt or an all-in-one protective wetsuit.



## Tip 3: How to keep young children occupied during a flight

Travelling with babies and young children can be difficult and stressful – not just for your family but also for those seated nearby. Try to spare your child, yourself and others the stress and upset and keep them distracted and occupied. Make sure you pack the following in their hand luggage: Favourite toy or their usual comforter, a dummy/bottle/pacifier for babies or consider a lollipop for much older children – the sucking action helps to ease ear pain during take-off, a familiar small pillow or cushion from home for an in-flight nap, activities including colouring books, crayons and sticker books, reading books, A fully-charged tablet or hand-held gaming device if they use one.



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