

Travelling with children

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Travelling with children

BE PREPARED!

- ◆ No one wants to think about getting sick or hurt during a trip, but sometimes these things happen. You may not be able to prevent every illness or injury, but you can plan ahead to be able to deal with them
- ◆ Pack Smart
- ◆ Plan ahead for illnesses and injuries

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- ◆ Know what to do during illness/injuries
- ◆ Know and share information about your trip

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Pack Smart

◆ Medicines

Prescription medicines you usually take

- If you have a severe allergy and epinephrine has been prescribed by your doctor, bring your Epinephrine auto-injector (for example, an EpiPen).

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Over-the-counter medicines

- Antidiarrheal medication (for example, bismuth subsalicylate, loperamide)
- Antihistamine
- Decongestant, alone or in combination with antihistamine
- Anti-motion sickness medication

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Over-the-counter medicines

- Medicine for pain or fever (such as acetaminophen, aspirin, or ibuprofen)
- Mild laxative
- Cough suppressant/expectorant
- Cough drops

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Over-the-counter medicines

- Antacid
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream

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- ◆ Other important items
- ◆ Supplies to prevent illness or injury
 - Insect repellent containing DEET (30%-50%) or picaridin (up to 15%)
 - Sunscreen (preferably SPF 15 or greater) that has both UVA and UVB protection
 - Antibacterial hand wipes
 - Lubricating eye drops

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- ◆ Special prescriptions for the trip
 - Medicines to prevent malaria, if needed
 - Antibiotic prescribed by your doctor for self-treatment of moderate to severe diarrhea

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- Use sunscreen and insect repellent as directed.
- Be careful about food and water.
- Try not to take risks with your health and safety.
- Wear a seatbelt.
- Wear protective gear when doing adventure activities.

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◆ First-aid supplies

- First aid quick reference card
- Basic first-aid items (bandages, gauze, ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)

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◆ First-aid supplies

- Aloe gel for sunburns
- Digital thermometer
- Oral rehydration solution packets

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- ◆ Health insurance card (either your regular plan or supplemental travel health insurance plan) and copies of claim forms
- ◆ Other items that may be useful in certain circumstances
- ◆ Mild sedative or other sleep aid
- ◆ Medicine to prevent altitude sickness

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- ◆ Water purification tablets
- ◆ Child safety seats
- ◆ Bicycle helmet

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- ◆ Plan ahead for illnesses/injuries

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- ◆ Travelers are responsible for hospital and other medical expenses incurred during their trip. Visit Country Specific Information - Medical Insurance (U.S. Department of State) to learn more.
- ◆ Check your health insurance plan to see if they will cover your health needs abroad.

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- ◆ Think about purchasing additional health insurance for your trip if your health insurance does not cover you while you are traveling.
- ◆ Consider purchasing medical evacuation insurance. This kind of insurance will cover the cost of transporting you to other parts of a country or outside the country if you are seriously ill or injured.

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- ◆ To find a list of possible travel health and medical evacuation insurance companies, visit Medical Information for Americans Abroad (U.S. Department of State).
- ◆ For more information, visit the section Health: What You Need to Know in Advance of Travel
- ◆ Be prepared to pay out of pocket at the time you receive any medical services while traveling, even if you do have insurance.

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- ◆ Be Prepared for Illness Before and During Travel
- ◆ It is a good idea to know beforehand the signs and symptoms of illness. This will prepare you to recognize these symptoms so that you can take action quickly while on your trip. CDC defines an ill traveler as a person who has one or more of the following symptoms: Appearing obviously sick (e.g., severe headache, weakness, skin or eyes turning yellow)

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- ◆ Fever of 100° F (38° C) or greater
- ◆ Skin rash
- ◆ Shortness of breath or difficulty breathing
- ◆ Severe cough that does not go away

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- ◆ Confusion, especially if it has just started
- ◆ Bruising or bleeding (without previous injury)
- ◆ Diarrhea that does not go away
- ◆ Vomiting that does not go away (other than motion sickness)

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◆ Oxygen Levels in Flight

- ◆ The air pressure in flight is lower than that at sea level. This lowers the amount of oxygen carried in the blood. Most healthy travelers will not notice these changes.

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However, passengers with certain medical conditions, particularly heart and lung diseases and blood disorders, such as anemia, may not be able to tolerate this reduced oxygen level. If you are concerned about needing more oxygen, talk with your doctor and the airline a few days before your trip to arrange for additional oxygen during flight.

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- ◆ Know and Share Important Information About Your Trip
- ◆ Important Information for Travelers
- ◆ Before you leave, it is important to write down contact information (phone numbers and addresses) of services you may need.

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- ◆ Find the American Embassy or Consulate in your destination by going to the list of Websites of U.S. Embassies, Consulates, and Diplomatic Missions (U.S. Department of State). Consular personnel at U.S. Embassies and Consulates abroad and in the U.S. are available 24 hours a day, 7 days a week, to provide emergency assistance to U.S. citizens.

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- For specific questions regarding an emergency involving an American citizen overseas, contact the Office of Overseas Citizens Services at 1-888-407-4747 (from overseas: 202-501-4444).
- To learn more about services available during an emergency, see the information at Emergencies: Consular Assistance and Crises Abroad.

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- ◆ Important Information for a Traveler's Family and Friends
- ◆ In addition to preparing yourself for your trip, it is important to also prepare your friends and family at home for a possible emergency. Ask a family member, friend, or employer to be your contact person while you are traveling. Before you leave

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- ◆ Make arrangements to check in at regular intervals during your trip with this contact person.
- ◆ Leave them a copy of your passport, as well as details of your travel plans and how to contact you.
- ◆ Leave them a copy of your prescription for any medicines that you are taking and the contact information for your doctor.

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- ◆ If there is an emergency at home, or if a family member is worried about a traveler's welfare, they can ask the embassy or consulate for help. See the Welfare/Whereabouts Services Abroad webpage for specific services available.

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- ◆ You may wish to consult with an infectious disease doctor or travel medicine doctor. Most doctors who specialize in the diseases of travel are infectious diseases (ID) physicians.
- ◆ CDC provides these directories as a courtesy to the public but does not endorse any health-care provider.

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- ◆ If you have visited a malaria-risk area:
- ◆ It is very important that you continue taking your antimalarial drug for 4 weeks (if you are taking doxycycline or mefloquine) or seven days (if you are taking atovaquone/proguanil) after leaving the risk area.

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- ◆ Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the physician your travel history.