

Many Healthy Returns

[Announcer] CDC-TV Presents: Health Matters.

[Kirsten Tekula] If you can anticipate what can go wrong prior to traveling and come up with good solutions, then it's just going to be this phenomenal experience.

[Dr. Nina Marano] We at CDC want you to be healthy when you travel. We get a lot of education about foodborne precautions and water precautions. You know, there's a saying about foods, you know – "boil it, peel it, or forget it."

[Dr. Gary Brunette] Strictly consuming bottled water is probably where you want to go and that would include cleaning your teeth with bottled water.

[Dr. Nina Marano] It's better to stay away from roadside vendors.

[Dr. Gary Brunette] We would ask people to be very careful about the selection of food, and piping hot food that has been cooked recently is generally safe.

[Dr. Phyllis Kozarsky] The most common cause of preventable deaths in those traveling overseas are motor vehicle accidents.

[Dr. Nina Marano] Motor vehicles, again, are not what we think of in terms of road safety in the United States.

[Kirsten Tekula] I could not believe that the rules of the road are – there are no rules of the road!

[Dr. Phyllis Kozarsky] There are a number of risks that people face while they travel.

[Dr. Gary Brunette] Many people are on vacation to partake in adventurous activities, those once-in-a-lifetime activities that might have certain inherent risks associated with them.

[Kirsten Tekula] Nothing is worse than getting sick while you're traveling and trying to, you know, enjoy an experience and then have it totally, ugh, destroyed by feeling sick.

[Dr. Gary Brunette] Engaging in regular hand washing, it's probably the most effective and simple way to avoid the transmission of many illnesses that a person could face.

[Dr. Phyllis Kozarsky] Insect repellents can help reduce exposure to mosquito bites that may carry viruses or parasites that can cause serious illness and even death. Using insect repellent allows you to continue to play and work outdoors with a reduced risk of mosquito bites.

[Dr. Nina Marano] We probably don't realize that there are 50 to 80 thousand deaths from rabies around the world every year, mostly in Asia and Africa.

[Dr. Gary Brunette] The advice that we give all travelers is just to avoid animals, especially in countries with high risks for rabies.

[Dr. Phyllis Kozarsky] Just being cramped in one spot for a long period of time can be a health risk.

[Dr. Gary Brunette] People who are on flights four hours or more are at twice the risk of developing a DVT.

[Dr. Nina Marano] A warning sign for deep vein thrombosis is any type of a pain, like a muscle pain, a deep muscle pain that you suffer in a leg or in an arm during travel on an aircraft or shortly after travel.

[Dr. Gary Brunette] There are things people can do to alleviate this problem. For example, wearing light, loose-fitting clothes; staying hydrated; taking occasional walks down the aisle.

[Dr. Phyllis Kozarsky] While we don't want to deter anyone from traveling, it's important that they maintain common sense.

[Dr. Gary Brunette] Traveling is a tremendous experience. It's one of the greatest learning experiences that people have.

[Kirsten Tekula] From start to finish, it was just the most unbelievably fun, interesting, life-affirming experience I've ever had.