

Senior Citizen Travel & Vacation

Taking These Ten Items Can Help You Have a Healthy Vacation

Harvard Medical School publishes new report on healthy travel

June 13, 2008 - Whether your vacation plans involve staying close to home or crossing the globe, most senior citizens will want to put as much thought into protecting their health while traveling as they do choosing your destination.

A new report, *Healthy Travel: A 10-Minute Consult from Harvard Medical School*, provides the information you need for a safe and healthy trip, including this list of important health-related items to take along:

1. Your prescription medications. Take at least a week's supply in your carry-on (in case your luggage is lost). Anything beyond a week's supply can be packed in your checked luggage.
2. Other prescription medications. Depending on your destination and personal medical history, consider asking your doctor about taking along anti-malaria medications and an antibiotic for self-treatment of moderate to severe diarrhea.
3. Gastrointestinal medications, such as anti-diarrheal medication (for example, bismuth subsalicylate or loperamide), a mild laxative, and an antacid.
4. Allergy medications, such as antihistamine and 1% hydrocortisone cream for mild allergic reactions. If you or a traveling companion has a history of severe allergic reaction, bring an epinephrine auto-injector (such as EpiPen). (This is a prescription item, so if you don't already have one, talk with your doctor.)
5. Cold-symptom medications, including a decongestant and throat lozenges.
6. Motion sickness medication.
7. Pain relievers like acetaminophen, aspirin, or ibuprofen.
8. Antifungal and antibacterial ointments.
9. Lubricating eye drops.
10. First-aid items like adhesive bandages, gauze, an elastic bandage, antiseptic, tweezers, cotton-tipped applicators, and a first-aid book.

Source: <http://seniorjournal.com/NEWS/Travel/2008/20080613-TakingThese.htm>