CHECKLIST:

HOW TO PREPARE FOR SAFE AND HEALTHY FAMILY TRAVEL ABROAD

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BEFORE YOU TAKE YOUR FAMILY ABROAD, ENSURE YOU ARE PREPARED TO FACE AN EMERGENCY BY CHECKING THE FOLLOWING ITEMS OFF YOUR TO-DO LIST:

CHECK TRAVEL ADVISORIES FOR YOUR DESTINATION.

Visit travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/ and find your destination country's "Travel Advisory" page. Note the travel advisory level, the reason(s) for the advisory, and the issue date.

JOIN THE SMART TRAVELER ENROLLMENT PROGRAM (STEP).

Visit step.state.gov and hit "Create Account" to enroll your trip.

CHECK REQUIRED AND RECOMMENDED VACCINATIONS.

Visit wwwnc.cdc.gov/travel/destinations/list/ and select your destination country from the drop-down menu. Then check the "Traveling with Children" box and any other boxes that apply to your trip. Hit "Go" to see a list of required and suggested vaccines.

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SCHEDULE AN APPOINTMENT WITH YOUR DOCTOR AND PEDIATRICIAN ABOUT 4-6 WEEKS BEFORE YOUR DEPARTURE.

PREPARE PRESCRIPTION MEDICATIONS.

Only pack the amount of medication needed for the number of days you will be away – plus a few extra – in the original container. Make copies of your prescriptions and bring them with you.

PREPARE WRITTEN COPIES OF YOUR CHILD'S MEDICAL HISTORY. INCLUDE:

- Your child's name
- Your contact info (name, address, and cell phone number)
- Your pediatrician's contact info (name, address, office phone number, and emergency phone number)
- Emergency contact info (name, address, and phone number of friend or family member in your home country)
- Your child's blood type
- Your child's previous immunizations
- A list of current health problems your child is facing
- A list of medicines your child takes, the dosage, and your pharmacy's name and phone number
- A list of allergies your child has to medications, food, insects, or animals
- A prescription for your child's glasses or contact lenses

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GET FAMILY TRAVEL MEDICAL INSURANCE.

Not sure what it is or why you need it?
Visit worldtrips.com/insurance-101

Not sure how to select a plan?
Visit worldtrips.com/family-travel/how-choose-best-family-travel-health-insurance

LOOK UP THE NEAREST HOSPITALS AND THEIR CONTACT INFO.

Visit travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html and search for your destination country in the sidebar. Then scroll down and click the "Health" tab on the resulting page.

NOTE: Your travel medical insurance may also provide you with access to an international provider search engine which allows you to locate doctors and hospitals in your destination country.

Some plans can also refer you to adequate treatment facilities and help with prescription drug replacement via phone.

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RESEARCH LOCAL LAWS AND CUSTOMS.

Visit travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html and search for your destination country in the sidebar. Then scroll down and click the “Local Laws & Special Circumstances” tab on the resulting page.

PACK A FIRST AID KIT.

Visit cdn2.hubspot.net/hubfs/282613/Checklist%20Downloads/first-aid-checklist.pdf to download a free, printable checklist of first aid items to include.

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