



Travel Safety

Travel Safety isn't only about protecting what you spend on airfare, transportation, and hotels. It's also about protecting your health, safety and home while you're away. Whether you are going on a weekend camping trip or a three-week overseas excursion, consider the following travel safety tips.



Before you go

- Temporarily stop mail and newspaper delivery while you are away.
- Ask a friend or relative to house-sit or regularly check on your house. Make sure this person has keys and security entry codes and can reach you if needed.
- Have enough cash on hand so that you are not frantically searching for an ATM upon arrival at your destination.
- Make sure that you are financially prepared for illness or accidents. Verify health and auto insurance coverage in your destination area, and consider purchasing travel insurance and/or roadside assistance.
- If you take any prescribed medication, talk with your healthcare provider whether you should change your dosage while traveling. Bring enough, along with the name and dosage, to last your whole trip and in case of a delay.
- Bring along a list of emergency contacts such as healthcare providers, family members, neighbor, etc.
- Leave a detailed itinerary with a friend or relative.

On the road

- Before starting a road trip, always make sure you have had plenty of sleep the previous night.
- Plan your route beforehand and allow enough driving time to stop for regular rest breaks. If possible, find out where there are construction zones or detours along your route, and try to avoid driving at night or in bad weather.
- Clean the car windows and headlights, and check the oil, gas, and air in the tires.
- Purchase or put together a roadside emergency kit. Include items such as jumper cables, roadside flares, water, non-perishable food, first aid kit, emergency phone numbers, etc.
- With the increase in summer traffic and people towing boats, trailers and campers, be especially cautious at interchanges and intersections and minimize cell phone use, especially in high-traffic areas and work zones.

In the air

- If you are traveling with children, talk to them about the screening process and what to expect on the flight before arriving at the airport so they won't be frightened.
- Remember to have your government-issued identification and boarding pass with you at all times.
- While in the air, drink plenty of water, limit alcoholic intake, eat balanced meals, and stretch and walk around regularly.
- Keep all vital medications with you on board along with a medical history summary, such as allergies, medical conditions, etc.

To contact UW CareLink Faculty and Staff Assistance Program:



Call:
1-866-598-3978



Visit:
www.apshelplink.com
(company code: UW)