GENERAL TIPS

- Drink adequate fluids, decrease alcohol
- Add extra dietary salt if high heat/humidity area
- Get adequate rest
- The humidity on planes is very low. Take a large bottle of water on the plane, use saline nasal spray, saline eye drops, don’t wear contacts, and no caffeine.
- Long flights increase risk of thrombosis (blood clot) because of limited motion and long periods of sitting in cramped quarters. Be sure to move around frequently, exercise legs at seat and wear loose clothing. Increased risk if smoker, on birth control, drink alcohol or are overweight.

JET LAG SYMPTOMS:

- Headache
- Irritability
- Upset Stomach
- Sleeplessness
- Inability to concentrate
- Fatigue
- Nausea
- Loss of appetite
- Constipation
- Depression

RECOMMENDATIONS FOR RE-SYNCHRONIZING SLEEP PATTERNS AFTER TRAVEL

AFTER WESTWARD FLIGHT

- Stay awake during daylight
- Go to bed as soon as it gets dark
- Eat modestly at the times that correspond to usual mealtimes
- Take comfortable, usual exercise
- Take 2-5 mg melatonin when going to bed in destination for 2-4 days

AFTER EASTWARD FLIGHT

- Stay awake, but avoid bright light in the morning
- Get outside in the sunlight as much as possible in the afternoon
- Eat modestly at the times that correspond to usual mealtimes
- Take comfortable, usual exercise
- Take 2-5 mg melatonin early evening when commencing travel and when going to bed in destination for 2-4 days.

Melatonin 2-8mg (available at grocery, drug and health food stores)
    Helps in falling asleep. Effect will last around 4 hours with minimal side effects
Water Safety

- Don’t dive in unfamiliar waters.
- Salt water has biting/stinging fish, coral and jellyfish.
- Avoid freshwater lakes, rivers and mouths of streams.
- Stay away from unprotected and untreated water bodies.
- Wear protective boots when fording streams or fishing in the ocean.
- Contaminated water can enter thru the eyes, ears or skin.
- Intestinal infections increase when the head is submerged.
- Water can be contaminated, examples: from urine, from infected animals or infested with snails or contaminated with feces (animal, sewage).
- Never swim in areas marked unsafe for swimming.

Do Not Walk in Barefeet

- Proper footwear can protect the traveler from injury (cuts, snake bites, puncture wounds and fungal infections), insects which live on or near the ground (sand fleas, ticks), poisonous plants and animals, and parasites (hookworms, strongyloides), which are found in the sand and soil. Bugs that live on or near the ground will attack. Worm and parasites burrow thru the skin if you are on infected ground.