



# Capital Area Pediatrics

## Travel Advice

### Travel Kit

- Any medication for Asthma or Food allergy, if needed
- Thermometer
- Tylenol or Advil/Motrin (>6 months old) for fever
- Benadryl for allergic reactions
- Hydrocortisone 1% OTC - Use for insect bites twice daily
- Pedialyte packets for dehydration prevention
- Mosquito repellent like *OFF* which has DEET
- Bacitracin ointment for any wounds/burns to prevent infection
- Probiotics- Culturelle or Biogaia or Florastor
- Band aids
- Syringe to administer medication
- Sunscreen with SPF of at least 30
- Copy of immunization records for all family members

### Food & Drink Safety

1. Drink only beverages from sealed bottles or cans.
2. Water is safe if boiled or chemically treated properly.
3. Avoid ice unless made from boiled water.
4. Avoid raw food, including raw fruits and vegetables unless washed and peeled.
5. Avoid cooked food that has been sitting out for more than 30-60 minutes.
6. Wash hands with soap especially before eating, after using bathroom or changing diapers, after using public transportation, etc.
7. Wash then boil bottles, nipples, pacifiers, infant toys. Use bottled water or hot dishwasher to wash dishes, glasses, bottles, silverware.
8. Make healthy, careful food choices.
9. Use only pasteurized milk.

### Avoid Insect Bites

1. Cover exposed skin, use mosquito netting with elastic edge to cover stroller, infant carrier.
2. Use insect repellent (30% DEET) on exposed skin for children over 2 months old or try product containing Oil of Lemon Eucalyptus for children over 3 yrs of age.
3. Use repellent on exposed skin or clothing but not where young child might ingest it. Avoid face and hands. Reapply as directed. Wash off at times that repellent is not needed.
4. Wear clothing that is pretreated with permethrin (repellent). To find these products, try outdoor clothing stores.
5. Apply sunscreen before using insect repellent.

### Outdoor Safety

1. Dress appropriately for climate, stay hydrated.
2. Use sunscreen for children over 6 months of age, reapply every 2-3 hours. Avoid over exposure to sun.
3. Always supervise children around water. Swim in clean water.
4. Don't allow children to drink from pool or other water sources that are not specifically designated for drinking.



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5. Protective shoes and clothing as needed.
6. Stay away from stray or wild animals or pets that have not been immunized or appear ill or unfriendly. For bites or injuries- wash area with soap and water and see a doctor immediately.
7. Consider medical evacuation insurance if travelling to an area where unvaccinated animals are common and rabies post exposure prophylaxis is not available.

### Young Adult Concerns

1. Avoid procedures such as tattoos, piercings etc. in shops where needles and other equipment may not be sterile.
2. Stay safe by limiting alcohol consumption and avoiding illegal substances.
3. Use condoms properly to avoid STD's.

### General Safety

1. Use safe transportation, avoid motorbikes and motorcycles. Use appropriate helmets for riding bicycles, motorbikes and motorcycles. For young children- bring car seats/booster seats for planes and cars.
2. Pay attention to traffic flow when crossing the street.
3. Carry identification with you and your child. Your child should carry his/her own identification with contact numbers to get in touch with you.
4. Ask family, friends or travel experts for recommendations of best local doctors, clinics, hospitals who will see children in the areas you will visit.

### Diarrhea & Vomiting

#### Diarrhea (infants and children)

- Offer Pedialyte or similar store-bought oral rehydration solution (ORS).
  - For infants age 4-12 months, it's ok to offer baby food such as rice cereal and bananas. As diarrhea improves, it's ok to offer a variety of baby foods, advancing slowly as tolerated.
  - Under 2 yrs., offer 50-100mL Pedialyte after each loose stool.
  - Over 2 yrs., offer 100-200mL Pedialyte after each loose stool.
  - If child wants more than offered, it is always ok to give more.
  - For children older than 1 yr. who refuse Pedialyte, they can be given Gatorade or other clear fluids that have sugar but they should be diluted 1:1 with water.
- No juice or sugary drinks.
- When they are able, they may also have non-greasy, non-spicy food that is not heavy. Start with smaller amounts at more frequent intervals.

#### Vomiting

- Offer Pedialyte or similar store-bought oral rehydration solution, as little as 1 teaspoon every 5-10 minutes until 1 ounce is tolerated.
- Gradually advance by 1-2 teaspoons every 5-10 minutes.
- After a few hours of slow hydration is tolerated, you can offer 1-2 ounces every hour and continue to increase amounts as long as no recurrence of vomiting.
- For children older than 1 yr. that refuse Pedialyte, they can be given Gatorade diluted 1:1 with water.



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**Important with any illness**

- See a doctor if your child has any of the following:
  - your child seems very ill
  - has a high fever over 102
  - has blood in the stools or vomit
  - increased fussiness
  - unexplained rashes
  - symptoms not improving over 24 hours; or
  - your child has signs of dehydration: no tears with crying, no urination for over 12 hours, very little saliva in mouth, or looks very weak.