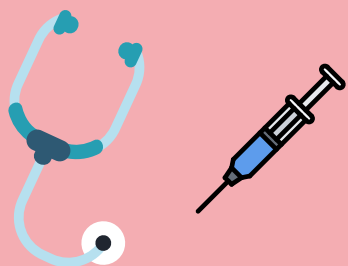
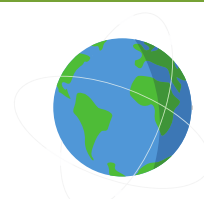




Stay Safe Travel Guide



For any trip abroad it's important to be prepared. Use these tips to keep you and your loved ones safe and healthy while you see the world



Make an appointment with your doctor 4-8 weeks before traveling to receive necessary immunizations.

Check the U.S. Dept. of State and C.D.C websites for up-to-date travel advisories.



Register with the U.S. Department of State's Smart Travel Enrollment Program (STEP).

Check your health insurance to see if it includes international travel coverage. Consider getting travel and medical evacuation insurance.



Make a paper list of emergency contacts, including numbers from home, insurance, credit card, U.S embassy or consulate

Make an emergency communication plan. Choose a place to meet if you get separated. Decide how to communicate with family at home.

