

# TRAVEL HEALTH UPDATE

## Health Tips For Travelers That Can Help You Avoid Problems

(NAPSA)—Traveling can be a great way to see new sights, try exciting cuisines and learn about other cultures. Unfortunately, it can also present some unexpected health challenges.

Each year an estimated 10 million people will develop traveler's diarrhea, while many passengers traveling by air, boat or train may experience the nausea and dizziness associated with motion sickness. Fortunately, there are a few simple precautions you can take both before and during your trip that will help you make the most of your vacation.

Here are some questions to consider before you leave to ensure your trip is memorable:

**Q: My trip involves several modes of transportation and I am worried about getting motion sickness. Is there anything I can do to prevent it?**

A: Motion sickness can turn an otherwise great trip into a miserable experience. It can strike suddenly on any mode of transportation and cause symptoms of nausea, vomiting and headache.

Strategies for coping with motion sickness vary depending on your mode of transportation. For instance, if you're traveling by plane or train, try to request a seat near the front and preferably near the window.

If you are taking a ferry or ship, try to sit on the upper deck, look straight ahead and keep your focus on the horizon. Sipping a carbonated beverage also helps some people cope with feelings of motion sickness.



**When traveling, try choosing fruits and vegetables you peel yourself, as well as bottled water. This may help you avoid bacteria that can cause different kinds of illness.**

You may also find relief from a medication, like DRAMAMINE (use only as directed), which is available in Original and Less Drowsy formulations. It can be taken 30 minutes to an hour before travel to prevent motion sickness, or once symptoms occur.

**Q: Why do so many people get diarrhea when they travel to other countries?**

A: Traveler's diarrhea is often the result of an infection from contaminated food or water. It most commonly occurs when someone travels from an area with a low risk, to a risk area such as the developing countries of Latin America, Africa, the Middle East and Asia. As a visitor to these locations, travelers do not have an immunity built up to protect their bodies from the different types of bacteria, causing them to be sick.

**Q: How can I avoid diarrhea when I visit another country?**

A: There are several factors to consider when going on a trip where the cuisine and culture may differ from your own. Try to avoid street vendor food, sliced fruits washed in contaminated water and unpasteurized milks and cheeses.

It is also best to avoid asking for ice in a beverage, as it may have been made with unsafe water. By choosing fruits and vegetables you peel yourself, as well as bottled water, you may be able to avoid bacteria associated with local water that can cause diarrhea.

**Q: What should I do if I do get traveler's diarrhea?**

A: If you do get diarrhea, try to avoid alcohol, caffeine and dairy products, as they may intensify symptoms.

Before going on your trip, you may also consider packing an over-the-counter medication such as IMODIUM A-D or IMODIUM Multi-Symptom Relief (use only as directed).

IMODIUM A-D controls the symptoms of diarrhea, including traveler's diarrhea. IMODIUM Multi-Symptom Relief is the only anti-diarrheal brand that controls diarrhea, plus the symptoms of gas, cramps, bloating and pressure. Research shows that IMODIUM Multi-Symptom Relief works 33 percent faster than the fastest prescription anti-diarrheal medicine (loperamide HCl) to relieve diarrhea.

To learn more, visit the Web site at [www.Imodium.com](http://www.Imodium.com).