



Tips For Healthy Trips

(NAPSA)—Taking a few health precautions when traveling could keep you from taking an unwanted trip to the doctor. That's the advice from experts who say travelers can be at particular risk for a number of health problems. Try these tips:

- **Plan To Stay Healthy**—If you will be traveling outside the U.S., particularly to developing countries in Africa, Asia and Latin America, talk with a travel medicine specialist before hitting the road. The U.S. government also provides health information for people traveling abroad. Ask about health conditions and disease outbreaks in the country you plan to visit and find out if any vaccinations are required before you travel.

- **Watch Your Eyes**—Time spent on a plane or in the car can take its toll on eyes, as can traveling between climates. Symptoms such as scratchy, itchy or burning eyes due to dry eye are not only uncomfortable, they can also interfere with vision and damage eye tissue if left untreated. Dry eye can be caused by many factors, including a dry environment (such as a cold and windy climate, airplane cabin or dusty room), aging, wearing contact lenses, cigarette smoke and cold or allergy medicines and pain relievers. It may pay to pack lubricating eye drops such as GenTeal Artificial Tears when you travel.

- **Pack Your Pills**—If you are taking medication, be sure to take



Healthy Idea—It's important to consider your health needs before traveling.

enough with you to cover an extended trip. Doctors generally recommend bringing an extra week's worth. Also, if you are flying, pack the medication in your carry-on luggage. If you are driving or flying, be sure to keep the medication in a place that gives you easy access.

- **Drink Up**—Travelers often become dehydrated—either due to the nature of their travels or because they simply forget to drink water. Pack a few extra bottles in your bag and have a sip every half hour or so. If you are traveling with your family, be sure kids stay hydrated as well. Early warning signs of dehydration include headache, nausea and fatigue. Remember, it may seem counterintuitive but you can be dehydrated and not feel thirsty.

For more information on GenTeal Artificial Tears visit: www.us.novartisophthalmics.com.