

TRAVEL NEWS & NOTES

Tips For Healthy Trips

(NAPSA)—You may want the first person you tell about an upcoming vacation to be your insurance agent. The U.S. Department of State recommends travelers check to see if their health insurance is valid in different destinations, before heading off on a trip. Doing so could help save you more than a few headaches while you're on the road. Try these additional tips for staying healthy while traveling:

Know Before You Go

Talk to your doctor about the places you plan to visit and find out if you need any vaccinations before going. Remember that the Centers for Disease Control and Prevention says some vaccines take up to six weeks to become fully effective. That means if you need a shot, you should try to get it well before your actual trip.

Healthy Travels

Pack prescription medication and basic over-the-counter medicine in your carry-on luggage—not in your checked bags. That way, if your checked bags get lost, it will just be an inconvenience and not an emergency. Also, make an effort to sample the local fare, but be certain to tell your waiter about any food allergies you may have before ordering.

Fun In The Sun

Even if you're not going to



Safe Trips—The right type of hat can protect a traveler's head and skin from harmful UV rays.

Tahiti, odds are you'll be walking around in the sun. Be sure to protect yourself by using a sunblock with an SPF of at least 15 and a wide-brimmed hat. Just know that not all hats block the sun's rays equally well. Some are specifically designed and certified to offer maximum sun protection and some are not. For instance, hats made by Tilley Endurables are certified with an Ultraviolet Protection Factor of 50+ (the highest rating given). Tilley Mesh Hats are also equipped with new "3D" mesh fabric as well as Hydrofil™ Anti-Sweat Bands. Like all the company's hats, they block 98 percent of the sun's rays and are designed to keep travelers' heads cool.

For more information, visit www.tilley.com.