

# What's in Your Infectious Disease Travel Kit?

**Summer is for travel—not illness.**

Here's what to pack to stay healthy and prevent bringing more than souvenirs home.

## **PRESCRIPTION MEDS**

Don't skip your essentials—especially for chronic conditions

## **VACCINE RECORD**

Proof of protection—especially if traveling internationally

## **INSECT REPELLENT**

Prevents bites from mosquitoes that may carry dengue or Zika

## **HAND SANITIZER**

Protects against norovirus and flu on the go

## **REUSABLE MASK**

Helpful in crowded indoor areas like airports and buses

## **ELECTROLYTE PACKETS**

Stay hydrated and ready if stomach bugs hit

## **THERMOMETER**

Early fever detection helps you catch symptoms sooner

## **FIRST-AID BASICS**

Quick response to cuts, burns, or bites—reduces infection risk

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