

The Summer Travel Health Checklist for Work & Life

Stay healthy before, during, and after your summer travels—with this science-backed guide.

(Based on CDC and WHO recommendations)

COMMIT TO



Before You Travel



- ☐ Check your routine vaccines (MMR, Tdap, Polio, Flu, COVID-19)
- ☐ Review travel-specific vaccines (Hep A, Hep B, Typhoid, Yellow Fever, etc.)
- ☐ Book any required vaccinations 2–4 weeks before departure
- ☐ Pack personal health items (meds, hand sanitizer, wipes, repellent)
- ☐ Prepare a sick-day plan with your team (who covers your role?)
- ☐ Check disease advisories for your destination ([CDC.gov/travel](https://www.cdc.gov/travel))

During Your Trip



- ☐ Wash hands frequently or use alcohol-based sanitizer
- ☐ Drink bottled or purified water (especially abroad)
- ☐ Avoid street food or undercooked meals in high-risk areas
- ☐ Use insect repellent + wear long sleeves in mosquito-prone areas
- ☐ Mask up in crowded indoor settings (especially airports, public transport)
- ☐ Monitor how you feel—note any fevers, rashes, stomach issues, or fatigue

After You Return



- ☐ Stay home if you feel sick (even mildly)
- ☐ Watch for symptoms like fever, rash, GI issues, or respiratory distress
- ☐ Wear a mask at work if you're unsure you're contagious
- ☐ Let HR or your manager know if you traveled recently and feel unwell
- ☐ Avoid contact with vulnerable coworkers (pregnant, immunocompromised)
- ☐ Follow up with a doctor if symptoms persist or worsen

Take Action: Protect Your Workplace This Summer

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