

## BEING PREPARED FOR SUMMER TRAVEL

Have you noticed how many people from our church are traveling this summer? We are busy going to visit family, friends, attending a conference or vacationing to a new place. We will be going by different types of transportation and may be gone for a while. We need to be prepared for our trips when addressing our bodies and our health issues.

Travel by car can be taxing if we spend too many hours in the car. We should limit our hours of driving before we are too tired. Our circulation becomes sluggish sitting so frequent stops to stretch and walk are important. Limit your salt intake but maintain hydration. Make sure and get plenty of sleep between your days of travel. Don't rush and enjoy the scenery and God's work of creation.

Planning ahead for that airplane ride will make that air trip a lot more comfortable. Make sure you have had a medical check-up before traveling especially if you have diabetes, coronary heart disease, hypertension or a recent surgery. Make sure that you are up to date on pneumonia and flu vaccinations. Mention any health concerns and medication schedule, especially if you are crossing time zones. Get copies of your prescriptions and a letter from your doctor describing the medication and the use for each medication. It is suggested to carry all your medications, painkillers, antacids, etc. in your carry-on bag in the original labeled container. Utilize a pill box to organize your medications marked with the days of the week. Be practical and pack light taking the minimal through security.

- 1 Take your picture ID or driver's license, passport, Medicare and insurance cards, boarding pass, emergency contact phone numbers, cell phone and living will. Copies should be stored in your carry-on.
- 2 Pack compression stockings in carry-on and slip them on after boarding to help reduce the risk of blood clots.
- 3 Stretching, walking and moving your arms and legs will help with muscle and joint circulation.
- 4 For comfort you may want to purchase a neck pillow for support.
- 5 Pack a mask and wear it in flight to help reduce exposure to infectious, airborne bacteria. Pack alcohol-based hand sanitizer and anti-bacterial wipes and wipe down arm rests and trays.
- 6 Wear comfortable clothing and shoes. Utilize wheelchair assistance for larger airports and long walking distances.
- 7 Long walks in terminals, disrupted meal times and many hours sitting in a closed, crowded environment can be physically taxing.
- 8 If you are a diabetic or have any health issues, pack snack bars and fruit or stop at the snack bar in the airport, Take along healthy food choices in anticipation of unexpected delays.
- 9 Purchase bottled water once you are through security. Drinking plenty of fluids before, during and after is your best defense against dehydration and jet lag. Choose an aisle seat close to the bathroom.