

# Travel Tips



## Get vaccinated.

Vaccinations can help protect you from infectious diseases transmitted across the world. Stay up to date with your routine vaccines as well as all recommended travel vaccines.



## Eat & drink safely.

Ensure you eat foods that are cooked and served hot. Only drink bottled or sealed beverages. Avoid ice.



## Prevent bug bites.

Use EPA-registered insect repellents & barriers such as long sleeves/pants, screens and mosquito netting.



## Stay safe on the road.

Always wear a seat belt or helmet and put children in appropriate car seats. Avoid overloaded buses and traveling at night or alone.



## Register for Smart Traveler Enrollment Program (STEP)

This FREE service provides travelers from the United States with important safety information about your destination and helps the U.S. Embassy contact you in an emergency.



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