Stay healthy and well on the go

As you look ahead to your travel plans, make sure you take steps to stay healthy and well when you’re not home. Here are some tips to keep you and your family healthy when you’re on the go.

- **Pack the prescriptions**
  Refill your prescriptions before you leave and bring any over-the-counter medications that you may need. Keep medications where you can access them easily – like a purse, backpack, or carry-on.

- **Stay safe in the sun**
  Care for your skin by applying SPF 30+ sunscreen every 2 hours, drinking plenty of water to avoid dehydration, and finding shade during the hottest parts of the day.

- **You’re covered for care**
  Kaiser Permanente members can get 24/7 virtual care and advice, and urgent or emergency care across the U.S. For more information about travel coverage call 951-268-3900 (TTY 711).

Scan the QR code or go to kp.org/travel for more tips.