



## 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](https://kp.org/travel) for more tips.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057