



TRAVEL TRAUMA: What to Do If You Are Injured While Traveling

Traveling is exciting, but it can be scary if you're injured away from home and don't know what to do. It's important for travelers to prepare for the possibility of being injured – whether you're in a foreign country or the next town. These tips will help you prepare for and respond to such situations.

Be Sure You're Insured

- Your existing medical insurance may not cover you in all cases when you're traveling internationally.
- Read through your policy and understand what kind of coverage you have outside the U.S.
- Consider purchasing travel medical insurance for your trip.
- There are plenty of options for overseas travel insurance; many are affordable and include 24/7 assistance.
- Even if you're traveling domestically, check with your insurer to make sure you're covered in the event of an accident or illness wherever you'll be visiting.



Know When You Need Medical Help

- Seek immediate medical attention if you've been in a car accident, if you have a serious injury, if you've been sexually assaulted, or if you have a dental emergency such as a broken tooth.
- Less-obvious situations in which you should seek medical attention include when you have a fever of 103 degrees Fahrenheit or above; vomiting or diarrhea that lasts more than two days; or if you've been bitten or scratched by an animal.
- It's better to err on the side of caution, especially if you've purchased travel insurance.
- Always document the cause of your injury, since you may have grounds for legal action as a result of it.



Know How to Get Help

- Know where the nearest hospital or medical facility is in relation to where you are staying.
- Carry the numbers for your domestic insurance provider as well as your travel insurance provider.
- If you're traveling overseas, check to see if your hotel or resort has an English-speaking doctor on call.
- Learn how to summon emergency services in the country in which you're staying. Keep those numbers programmed into your phone during your stay.



Avoiding Injuries and Illnesses While Traveling

- Pack a first-aid kit to treat any minor injuries.
- Wash your hands frequently.
- Always wear a seat belt when riding in a vehicle, including boats.
- Be careful about what and where you eat. Don't drink tap water in countries where it may not be safe to do so.
- Always wear protective gear appropriate for your activity – including life jackets, safety gloves and goggles.
- Have fun, but take the same precautions while traveling that you would at home.

