



## Precautions to Protect Your Child From **VIRAL INFECTIONS** — DURING TRAVEL —



Ensure your child has all their immunizations done.



Avoid any immunizations in a foreign country.



Eat meals at clean and trusted hotels. Pack food from such places during travel.



Avoid giving your child beverages and products made with ice, such as popsicles, since they might contain germs.



Avoid raw vegetables and peeled fruits.



Avoid juices from local vendors. Choose only bottled water and juices with sealed caps.



Avoid dairy products, as the milk may not be pasteurized.



Carry a child-safe insect repellent to avoid insect-borne diseases.



Wash hands frequently.



Carry a hand sanitizer wherever you go.

### REFERENCE

1. How to prevent infections; Harvard University

