

Tips for safe, healthy travelling this summer

Going overseas is an exciting way to spend your summer, and healthy travel habits are the best way to keep your family safe during your vacations. Staying on top of epidemics and endemic diseases is important, and will help you get the right vaccinations before you fly. Protecting yourself against waterborne diseases can be as simple as sticking to bottled water or avoiding certain food products, depending on where you go. Last but not least, crossing time zones can wreak havoc on your sleeping patterns, which is why learning ways to reduce timezone tiredness is the key to getting the most out of your vacations. See Aetna's flyer to learn more about recommended vaccinations, water safety and ways to beat jet lag!

Attachments:



[Aetna_Healthy Travel.pdf](#)