

Stay Safe Traveling this Holiday!

Check out these top travel tips for older adults



The holiday's are here, it is important to stay safe while traveling this season! Taking the proper precautions and planning ahead can make for a smooth trip. Check out these safe holiday travel tips for older adults!

Prepare and prep medications:

- Make a list of all prescriptions and dosage times.
- Make sure you or a loved one will not run out of any medication while away.
- If traveling by plane, make sure to keep medications in their original bottles to avoid confusion or any security issues.
- If traveling by plane, keep medications in a carry-on in case of emergency.

Stay healthy:

- Wear a face covering in areas where masks are required. Keep a backup!
- Wash your hands often.
- Avoid crowds.
- Carry hand sanitizer or sanitizing wipes to kill germs.
- Try to avoid frequently touched surfaces.

Plan ahead of time:

- Have a plan set in place to avoid unnecessary anxiety and stress.
- Planning can give you or a loved one proper time to prepare things such as medication or doctor's visits.



Holiday traffic/ weather:

- Check the forecast before you leave.
- Remember to be patient when on busy roads and in traffic.
- Tune up your car before taking a long road trip.

Stay hydrated:

- Dehydration can cause fatigue and affect blood sugar levels.
- Staying hydrated can boost your mood and energy levels for an efficient trip.

