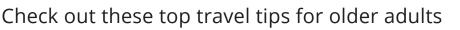
Stay Safe Traveling this Holiday!





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.

