

Travel safely and stay healthy with these tips



With more COVID-19 vaccinations being administered every day, many people are considering travel this summer. Whether you're traveling for business or pleasure, your travel shouldn't be a vacation from your healthy lifestyle or your physical safety. Similarly, you should only travel if and when you can avoid spreading or coming into contact with COVID-19. Just like when you're at home, being prepared can help you enjoy yourself, reach your health goals and stay safe and healthy.

Before you go:

- ✔ Consult the [Centers for Disease Control and Prevention \(CDC\)](#) for any travel-related COVID-19 protocols or testing requirements. Be sure to take note of any special requirements for both your place of origin and your destination. Note that these restrictions vary between those who have received an FDA-approved COVID-19 vaccine and those who have not. Quarantine and testing protocols are still in place for those who are not yet vaccinated, which may limit your travel plans.
- ✔ If you're traveling out of the country to somewhere that requires vaccination shots, make sure you **complete them three to four weeks before you travel**. Some of these shots can upset blood sugar levels for those living with diabetes, so keep a close eye out and call your doctor if you have any concerns.
- ✔ **Research healthcare services** along the way and near your stops and destination in case you need medical attention. Consider a telehealth service like Teladoc as an option for non-emergency conditions you may need to address with a doctor while traveling, like a urinary tract infection (UTI), stomach bug, rash or any cold or flu symptoms.

- ✔ **Search online for restaurants** that offer the same type of healthy foods you enjoy at home. In order to safely practice social distancing, consider dining at restaurants that offer outdoor seating. With many restaurants operating at limited capacity, you may want to call ahead and make reservations.
- ✔ If you have a condition like diabetes, prepare a packing list of all the things you may need while traveling, like your blood glucose meter, strips, lancets and more. [This article from Livongo can help.](#)
- ✔ **Pack healthy snacks** so you are not stuck with what is available at the airport, in the hotel or on the road. Try tasty foods that travel well, such as:
 - Nuts
 - Single servings of nut butter
 - Unsweetened oatmeal packets
 - Roasted edamame
 - Roasted chickpeas
 - Fresh fruit like bananas, apples and clementines
 - Baggies of vegetables like carrot and cucumber sticks
 - Single-serving hummus*
 - Hard-boiled eggs*
 - Individual plain yogurt cups*

*Use a cooler bag.

In transit:

- **Wear a mask** in public places and continue to **practice social distancing**, per CDC recommendations.
- **Keep any necessary medical supplies handy**—things like hand sanitizer, sanitizing wipes, medications, medical devices, an EpiPen, extra masks, vaccination records and insurance information.
- **Don't skip meals**; this will set you up for overeating later and could lead to changes in blood sugar.
- If you're at the airport and have time, **walk around the terminal** if you can do so while safely social distancing. You can find the best food choices and get in some extra steps.
- While you're on the road or at the airport, **look for healthier options** like salads, fresh fruit, jerky, hard-boiled eggs, guacamole, hummus or string cheese.
- Long flights can cause your body to lose water. **Stay hydrated** with zero-calorie drinks like water, tea or seltzer.
- For long flights or car rides, **wear compression socks** to help with circulation.

At your destination:

- When you arrive, **find out where the nearest grocery store is**. Take a walk to shop for some healthy snacks and beverages, including protein-packed veggie salads, fresh fruit, olives and unsalted nuts.
- If you arrive and realize you've forgotten one of your prescription medications, like an inhaler, you can sometimes **use a telehealth service** like Teladoc to request emergency refills of certain medications.
- If you're at a hotel, **ask the front desk for healthy dining options** in the area. And remember, you can make healthier choices at any restaurant.
- **Keep the balanced plate in mind** when you go to restaurants: 50% non-starchy veggies, 25% protein, 25% carbs.
- **Plan ahead for any activities**. Many museums and other indoor or popular attractions are operating at limited capacity and may not be able to accommodate walk-ins or unscheduled visits.
- **Limit alcohol**. If you do drink, have a glass of water between each beverage. Aim for no more than two drinks for men or one drink for women. Wine, no-sugar spirits or light beer are your best choices—avoid sugary drinks. And save on calories by choosing either alcohol or dessert, not both.
- **Use the 80/20 rule**: For 80% of the time, make ideal, healthy choices. The other 20% of the time, enjoy the treats you love in moderation and let yourself savor the experience.
- **Stay active**. Exploring on foot, renting a bike to get around, even signing up for an exercise class can all be fun travel adventures.
- **Drink lots of water and get enough sleep**. Hydration and rest are both important for your health.
- **Plan non-food-related ways to enjoy your trip**. Read, do puzzles, nap, take a walking tour. Any activity that restores and energizes you is good for your health.

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