



Let's Talk about: Summer Travels



Hi CCS Community!

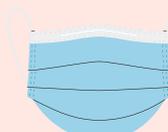
It is that time of year – summer vacation! I have been loving these warmer days and have been trying to spend as much time as possible outside. As my first year of medical school wraps up, I am thinking ahead to a summer of seeing family, friends and traveling.

I wanted to talk about some of the things I think about when preparing to travel- whether that be getting on a plane, taking a road trip or enjoying a stay-cation at home.



Why is it important to think about health when it comes to travel?

Oftentimes, travels means being in **crowded places**



With the COVID-19 Pandemic still around, it is important to **stay safe** in large areas like airports

Make sure you **get COVID tested** before traveling, especially if you may be around people who *haven't been able to get the vaccine*

Beyond physical health, summer travels are supposed to be a chance to recharge you **mental health!**

Make a list of things that worry you or may be triggering on a trip:

- Are you worried about **missing your flight**? Be sure to leave for the airport 2-3 hours prior to boarding to give yourself enough time to get through security check
- Are you worried about **dietary restrictions** or getting hungry during your travels? Pack snacks like fruit, granola bars, and sandwiches
- Are there certain **sounds, activities or experiences** that might cause you distress? Make sure to talk to the flight attendant, your travel companion, or friends about your concerns to see if there are any **accommodations that can be made**



What are some ways to enjoy a stay-cation?



Growing up, we would always have a mix of traveling vacations as well as stay-cations. Some of my best memories have been made right at home!

Here are my tips for turning a boring summer day into a fun-filled vacation:

- Take a trip to the **local library** and check out some books! After picking out some fun reads, head over to the *Lake Champlain waterfront* to read or bring painting supplies to paint
- Pack a **picnic** with your favorite foods and eat it on *North Beach*
- Go on a local **hike** (or walk!) around a scenic location like *Shelburne Farms*



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