

HOW WILL YOU SURVIVE?



[Travel Safety Considerations](#)

Travel Safety Considerations before You Leave



Travel preparation is often taken lightly because it is fun: what suitcase, the very best clothes, what socks, what else...? Safety is often overlooked or not talked about because it is NOT fun.

The last thing anyone wants to think about when going on vacation is the worst case scenario, but it is so very important to consider it in advance before you leave. Proper planning and education can mean the difference, literally between life and death. Sadly, a lot of these tips are tips because it happened somewhere to someone else. It's not fun to think of our own children or a spouse being injured or worst case scenario; dying. It's not fun imagining yourself that completely and utterly helpless, that far away from home. Or worse: our children being helpless if something happened to you. So do the hard planning, have the hard talks and teach the hard lessons. A simple call to Nagico Insurances to discuss and arrange the most suitable medical plan for you and your family takes only a few minutes, but can make the world of difference especially if the need arises. Here are some best practices you can incorporate in your plans to ensure additional safety when you travel.

1. **Do your research on the destination.** Before you book a plane ticket or guided tour do your homework. Consider both health risks and safety concerns. For example is the drinking water okay? Is the country experiencing extreme weather conditions? Is there a problem with petty theft or even terrorism? etc.
2. **Pack to Avoid Public Displays of Affluence-** Most of us has expensive habits, we love to 'keep up with the Jones' as they say and we love to flaunt it. After all, it is a status symbol. However, if you're travelling abroad then you're more than likely to be richer than most of the locals, but advertising this fact by wearing gold jewelry or carrying a \$2000 camera or phone around your neck is not advisable. It makes you a target for thieves. Leave your jewelry at home and keep your electronics in a bag when you're not using it.
3. **Visit your house doctor before travelling -** It is never a bad idea to get a final check up from your family doctor to make sure you have all your relevant medication and or prescriptions for the duration of your trip. Also, bring your itinerary to your child's pediatrician and it should include where you'll be and your planned activities so your doctor can assess whether additional immunizations are appropriate. Then Get an up-to-date record of your child's immunizations for the trip. Immunizations not only serve to prevent disease but some countries have immunization entry requirements to protect their own citizens from imported diseases.



4. **Disinfect everything-** *The biggest safety risk in flying with kids is germs.* It's not the re-circulated air; it's the stuff everyone else has touched. So **wipe down everything** – tray tables, armrests, remote controls, seatbelt buckles – before kids sit down on the plane. Keep a packet of wipes handy for after the bathroom, too. Preparing for your family's safety should be #1 on our travel to-do lists, because with a bit of preparation and a lot of mindfulness you can help to keep your children safe while you teach, explore and discover the world around you. Visit nagico.com for more information on our wide range of medical policies and have a safe travel!

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