

Health Precautions for International Travelers

Date: [Insert Date]

To: [Traveler's Name]

From: [Your Organization/Health Department]

Dear [Traveler's Name],

As you prepare for your upcoming international travel, we want to remind you of important health precautions to ensure your safety and the safety of others.

Before You Travel:

- Consult with your healthcare provider about necessary vaccinations and medications.
- Check the travel advisories for your destination.
- Pack a travel health kit, including essential medications, hand sanitizer, and masks.

During Your Travel:

- Practice good hand hygiene by washing hands frequently or using hand sanitizer.
- Wear a mask in crowded or enclosed spaces.
- Avoid close contact with sick individuals.

Upon Returning:

- Monitor for any symptoms of illness for 14 days.
- Follow local guidelines regarding testing or quarantine.

Your health and safety are our top priority. Should you have any questions or require further assistance, please feel free to contact us.

Safe Travels!

Sincerely,

[Your Name]

[Your Position]

[Your Organization]

[Contact Information]