

Travel Health Recommendations for Your Family Vacation

Dear [Family Name],

As you prepare for your upcoming family vacation, we want to ensure you have a safe and healthy trip. Please find below our health recommendations:

1. Vaccinations

Check with your healthcare provider to ensure that all family members are up to date on vaccinations, especially for:

- Measles, Mumps, and Rubella (MMR)
- Hepatitis A and B
- Typhoid

2. Travel Insurance

Consider purchasing travel insurance that covers medical expenses and emergency evacuation.

3. Health Kit

Pack a health kit that includes:

- Basic First Aid supplies
- Prescription medications
- Hand sanitizer
- Insect repellent

4. Food and Water Safety

Be cautious with food and water:

- Drink bottled water
- Avoid street food

5. Sun Protection

Use sunscreen and wear protective clothing to avoid sunburn.

6. Stay informed

Stay updated on travel advisories and local health recommendations for your destination.

We wish you a safe and enjoyable vacation!

Sincerely,

[Your Name]

[Your Contact Information]