



## Road and Motor Vehicle Safety

- Always wear a seat belt.
- Wear a helmet when you ride a bicycle or motorcycle.
- Look for oncoming traffic in BOTH directions.
- Avoid overcrowded buses and cars.
- Avoid driving at night on unfamiliar roads.



## Animal Safety

- Never touch animals, even if they look 'safe'.
- If you are bitten or scratched by an animal, wash the wound thoroughly and seek immediate medical attention.



## Sun Exposure

- Stay in the shade, especially during midday hours.
- Wear clothing and sunglasses to protect exposed skin and eyes.
- Drink plenty of non-alcoholic fluids.
- Use broad-spectrum sunscreen with SPF 30 or higher and reapply frequently. If needed, apply insect repellent **after** sunscreen.



## Getting Health Care Abroad

- For emergencies, consider travel health and/or evacuation insurance.
- Bring all the prescription medication you need for the duration of your trip.
- Carry a card in the local language listing your chronic illnesses, medications, and allergies.
- Sign up for the State Department's Smart Traveler Enrollment Program found at <https://step.state.gov/step/> to receive security updates for your destination.