



# Before you travel and eat your way around the world:



Visit a travel clinic or primary care provider for necessary vaccines and medications.



Shop around for the cheapest medication prices (call or check online pharmacies).



Visit Heading Home Healthy for food, water, and animal safety tips.

Want more info?

Scan the QR code above, or visit

[www.headinghomehealthy.org/traveler](http://www.headinghomehealthy.org/traveler)

*Do not attempt to mail.  
Does not meet USPS standards.*

[www.health.mn.gov/travel](http://www.health.mn.gov/travel)



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