










NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE
Michelle Morse, MD, MPH
Acting Health Commissioner

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Dear Families,

Keep your family safe and healthy this summer whether you are staying in New York City or traveling! Travelers may need to take extra precautions due to the increased risk of some infections. For example, there are measles outbreaks worldwide and dengue outbreaks in the Caribbean and Central and South America.

Summer and Travel Safety Tips	
	Protect against infections caused by bug bites. Ticks are common in brushy or wooded areas in the U.S. and can spread diseases like Lyme disease. Mosquitoes can spread diseases such as West Nile virus in the U.S. and malaria and dengue outside the U.S. Use insect repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus. Treat gear with permethrin and wear long-sleeved shirts, long pants, closed-toe shoes, and hats. If outside the U.S., use a mosquito net while sleeping in an area with malaria, dengue, or other mosquito-borne diseases. For more information about ticks visit: nyc.gov/health/ticks .
	Hot weather can be dangerous. Wear light loose fitting clothing. Stay in a cool place, in the shade, and out of direct sun. Spending even a few hours in an air-conditioned space can reduce the risk of heat-related illness. Drink plenty of fluids even if you are not thirsty and avoid sugary drinks. For more information visit: nyc.gov/health/heat
	Keep kids healthy in the water. Supervise children while swimming or playing in the water. Do not enter the water if you have had diarrhea in the last two weeks. Remind children not to swallow water. Take children to use the bathroom frequently.
	Be safe around animals. Do not pet or feed wild animals. Ask for an owner's permission to touch any dog, cat, or other pet.
Additional Tips for International Travel	
	Read the Travelers' Rapid Health Information Portal before traveling. Visit gten.travel/trhip/trhip for tailored traveler health advice.
	See your health care provider at least four weeks before traveling. Ask about any medicines or vaccinations you may need such as those for malaria, typhoid fever, or hepatitis A, if you are traveling to an area where these illnesses are common. Infants ages 6 to 11 months should receive an early, extra dose of measles-containing vaccine and children and adults should get a first or second dose. Make sure you and your children are up to date on routine vaccines.
	Avoid diarrheal illness. Drink bottled water or disinfect water by boiling it for at least one minute. Avoid eating raw fruits or vegetables that cannot be peeled. Make sure meat is fully cooked and served hot.

Sincerely,



Shama Ahuja, PhD, MPH
Assistant Commissioner,
Bureau of Communicable Diseases