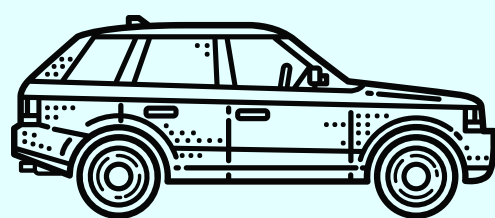


# STAY SAFE WHILE TRAVELING WITH KIDS

## The Top 5 Health and Safety Risks to Kids While Traveling (And How to Prevent Them)

1.9 million children travel internationally every year. Children face the same health risks as traveling adults, but with potentially more serious consequences.

### 1 CAR ACCIDENTS



Car accidents are the leading cause of death of children traveling internationally, according to the **Centers for Disease Control and Prevention (CDC)**.

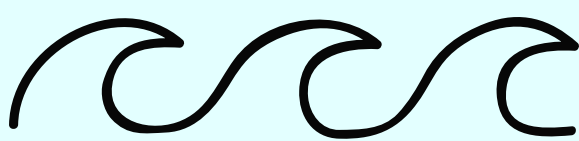
### PREVENTION

If your children weigh less than 40lbs (18kg), be sure to restrain them in an age-appropriate car or booster seat. Consider traveling with your car seat from home, since availability of well-maintained and approved seats may be limited abroad.

Place small children in the rear seat where they are safest.

Cars in many developing countries may lack seatbelts. The CDC recommends attempting to arrange transport with cars that include seatbelts and other safety features in advance.

### 2 DROWNING



Drowning is the second leading cause of death in children traveling internationally. Children may not be familiar with hazards in the oceans or rivers. Unfamiliarity with local water currents and conditions, the inability to swim, and the absence of lifeguards can all contribute to drowning risks. Riptides can be especially hazardous.

### PREVENTION

Supervise your children in the water at all times.

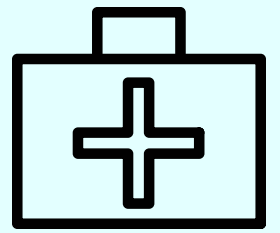
Ensure your children wear appropriate life vests when in the water or participating in water activities (e.g. boating).

Make sure your children know what to do if they're caught in a rip tide. Encourage them to stay calm, call for help, and swim parallel to the shore if they can.

## Beware of Dry Drowning

Dry drowning can occur when, after being submerged in water, a person's vocal cords experience a spasm and close, making it difficult to breathe. The body's response sends fluid to the lungs to open the vocal cords, which can potentially lead to an excess of fluid in the lungs. If a child is submerged in water, doctors recommend supervising the child closely for 24 hours to keep an eye out for the symptoms of dry drowning. Symptoms include respiratory issues such as difficulty breathing, wheezing, coughing, or chest discomfort.

### 3 DIARRHEAL ILLNESSES



Dehydration is the biggest risk to children with diarrheal illnesses.

#### PREVENTION

Continue normal breastfeeding for babies, or bring formula from home, as health standards in other countries may not be the same. Be sure to wash bottles thoroughly.

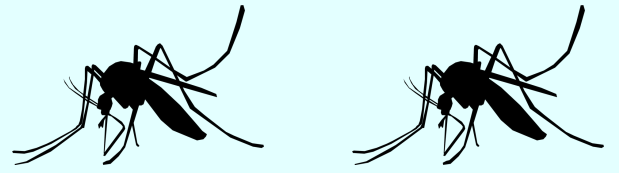
Other young children should drink disinfected or bottled water, eat thoroughly cooked food, be wary of fruits without peels, and take caution when consuming dairy products, as they may not be pasteurized. Make sure your children wash their hands before and after each meal.

Be knowledgeable about the signs and symptoms of dehydration in infants and young children, which include:  
Dry mouth and tongue, no tears when crying, no wet diapers for 3 hours, sunken eyes and cheeks, sunken soft spot (on top of skull), listlessness, and/or irritability

#### Seek medical attention for a young child with diarrhea if they have:

Moderate to severe dehydration, bloody diarrhea, temperature above 101.5 degrees F (38.6 degrees C), and/or persistent vomiting

### 4 MALARIA



Children with malaria can rapidly develop high levels of parasitemia, and are at increased risks for severe complications of malaria, including shock, seizures, coma, and death.

**What is Malaria?**  
According to the CDC, malaria is a serious and sometimes fatal disease caused when a parasite infects a certain type of mosquito which feeds on humans. People who get malaria typically become very sick with high fevers, shaking chills, and flu-like illness.

#### PREVENTION

If your destination is a risk area for malaria, consult your physician and your child's pediatrician about obtaining preventative medications. Malaria medications are mostly the same for children and adults (see exceptions [here](#)).

To see if your travel destination is a risk area for malaria, visit the "Traveler's Health" page of the CDC website prior to your trip.

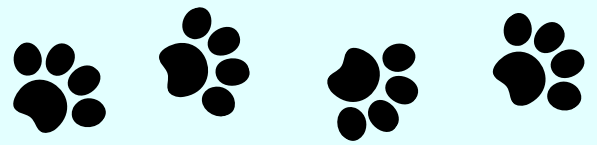
Children should sleep in air-conditioned or screened rooms, or sleep under bed nets. Mosquito netting should be used over infant carriers.

Children should wear long sleeves and pants while outdoors, as well as wear repellent that includes active ingredients like DEET, picaridin, oil of lemon eucalyptus, or PMD.

**Note:** Do not use repellents including oil of lemon eucalyptus on children under 3 years old. Only use repellents with a DEET concentration greater than 30% on children 2 years or older. Do not use DEET of any concentration on infants under 2 months old.

Mosquitos carrying dengue, chikungunya, yellow fever, and Zika are aggressive daytime biters and can also bite at night. Implement the same preventative measures for these similar diseases, paying special attention to sleeping in air-conditioned or screened rooms or under bed nets.

## 5 ANIMAL EXPOSURE AND RABIES



Worldwide, rabies is more common in children than adults, as children are more likely to pet strange animals.

**What is Rabies?**  
According to the CDC, rabies is a preventable viral disease, most often transmitted through the bite of an infected animal. Rabies infects the central nervous system, ultimately causing disease in the brain and death if not treated.

## PREVENTION

**Avoid contact with all stray and unfamiliar animals. Instruct your children to inform you of any contact or bites.**

**Wash animal bites and scratches with water and soap.**

**Get mammal bites evaluated immediately to assess the need for rabies postexposure prophylaxis.**

**Rabies vaccines and rabies immune globulin may not be available in certain destinations. The CDC recommends getting a pre-exposure rabies vaccine if it is possible you will come into contact with animals such as dogs, cats, bats, or other carnivores. See the CDC's Traveler's Health page for vaccine recommendations.**

## Information Courtesy Of:

<https://wwwnc.cdc.gov/travel/yellowbook/2018/international-travel-with-infants-children/traveling-safely-with-infants-children>

<https://wwwnc.cdc.gov/travel/yellowbook/2018/the-pre-travel-consultation/injury-prevention>

<https://wwwnc.cdc.gov/travel/page/children>

<https://www.livescience.com/59444-dry-drowning.html>

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

<https://www.cdc.gov/malaria/about/faqs.html>

<https://wwwnc.cdc.gov/travel/destinations/list/#group-b>

<https://www.cdc.gov/rabies/index.html>

<https://wwwnc.cdc.gov/travel/diseases/rabies>

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Travel-Safety-Tips.aspx>

[http://apps.who.int/iris/bitstream/handle/10665/43851/9789241563574\\_eng.pdf;jsessionid=7B4D7E5E99EDEAB22611735E585C0445?sequence=1](http://apps.who.int/iris/bitstream/handle/10665/43851/9789241563574_eng.pdf;jsessionid=7B4D7E5E99EDEAB22611735E585C0445?sequence=1)