

March 11, 2016

## FLORIDA HEALTH SPRING BREAK SAFETY SERIES

*Remember to Pack a Travel Health Kit*



### Contact:

Communications Office

[NewsMedia@flhealth.gov](mailto:NewsMedia@flhealth.gov)

850-245-4111

**Tallahassee, Fla.**— March means that spring break season is in full swing in the Sunshine State and the Florida Department of Health is providing weekly spring break health and safety messages to help keep residents and visitors safe while having fun. This week, we remind everyone to pack a health kit with emergency and prescription medications needed to travel safely.

“Florida is one of the biggest tourist destinations every year for spring break; it’s important to plan ahead for a safe and enjoyable vacation,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Over the next few weeks, the Department will share several messages to help spring breakers stay safe and have a wonderful time.”

A travel health kit comes in handy when you are spending time at Florida’s great parks and beaches. The last thing you want to do on your vacation is worry about finding a pharmacy or convenience store for medications. You can prepare and take along a kit that includes over-the-counter products in case of emergency as well as prescription necessities.

Here are a few tips on what to include in your travel health kit:

- Prescriptions medicines you take regularly;
- If you have severe allergies, your prescribed Epinephrine auto-injector (EpiPen);
- Copies of all prescriptions and a note on letterhead stationery from the prescribing physician for controlled substances and injectable medication, especially if traveling outside of the United States;
- First-aid supplies including, bandages, gauze, aloe gel, ace bandages, etc.; and
- Over-the-counter medications such as cough drops, antacids, decongestants, pain relievers, etc.

For more information on health and safety while traveling, visit the Centers for Disease Control and Prevention [website](#).

**About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).