

How to Stay Healthy When Travelling - The Journey

PREVENTION IS BETTER THAN CURE

By prioritizing sleep, healthy food, movement and reducing stress before and during your trip, you will help the body's immune response. Get calm as often as you can, don't short change a good night's sleep, wash your hands frequently and stay vigilant.

MY PERSONAL TRAVEL KIT:

- ❖ Covid PPE as per the advice of your country, WHO and airline
- ❖ Masks, disposable gloves, sanitizer, disinfectant wipes (masks are to be replaced every 4 hours)
- ❖ Plastic bag for passport protection so you do not have to handle it
- ❖ *First Defense* for use on day of travel and first sign of a cold
- ❖ Zinc 25mg/day | Vitamin C 2000mg/day
- ❖ Protein snack bars or Trail Mix
- ❖ Low humidity on planes can risk infection. Use saline solution and moisturizing nasal sprays to help improve humidity and eye solution to sooth dry eyes
- ❖ Eye mask and ear plugs
- ❖ Noise cancelling headphones
- ❖ Downloaded meditations from Ten Percent Happier – to get calm and help you sleep

AVOID CROWDED AREAS AND HOLD BACK ON BOARDING:

A 2018 study collected air samples around crowded areas of the airport and found that 17% of samples tested positive for known respiratory pathogens.

CHOOSE A WINDOW SEAT:

The highest risk for airborne infections happens while moving in, out and around on the plane. Choose a window seat, away from the toilets, up front or at the back of the plane. When using the bathroom use a paper towel, hand washing and disinfectant wipes for door handles, taps etc.

If you'd like a fully bespoke comprehensive travel wellness plan please get in touch. Wishing you safe travels. hello@deborahmctaggart.com www.deborahmctaggart.com © D McTaggart Nutrition 2020

There's never been a better time to focus on your health and wellbeing. These expert tips will help keep you well while travelling so you arrive in better shape.



PASSING THROUGH THE AIRPORT:

Ensure you are well protected with gloves when passing through high-risk areas - check in, security, boarding and baggage collection. Your passport is handled many times so I recommend you keep it in a plastic bag and clean with alcohol wipes wearing your gloves.

- ❖ Never pass up an opportunity to wash your hands, especially after going through security with or without gloves. The trays harbor more germs than toilet seats!
- ❖ Choose a paper towel over a dryer as a 2014 study showed air bacterial counts near dryers were 27x higher than paper towel area.
- ❖ Use 70% alcohol wipes often to clean your phone often.

WIPE EVERYTHING:

Immediately before sitting thoroughly clean your entire seat area, belt, remote control, screen, vents, armrests and tray table with disinfectant. Repeat on entering your hotel room – wipe every surface, door handle, light switch, alarm, remote control, etc. *Everything*. Minimize housekeeping visits.

EAT SMART

Hand to mouth carries risk of contamination so avoid eating on short haul flights – eating well before your flight and on arrival. Use utensils if eating and thoroughly wash/disinfect your hands and surrounding area.