

# Resource Guide

Health & Safety for  
Business Travelers



# Security alerts delivered to your inbox.

Register with the US Dept of State through their Safe Traveler Enrollment Program ([STEP](#)) to receive security and safety alerts by email. You can select one-time trip or frequent traveler options. They provide alerts for those staying home but monitoring the situation at your destination. Have your employees download the STEP app [here](#) for updates while traveling.

## Do you need a visa?

Different countries have different rules regarding tourist and work visas, and they can change without notice. [Click](#) to discover the current recommendations for your planned destinations. Many organizations contract with a visa expeditor to make sure the paperwork is handled in a timely manner.

## What if you have an emergency when abroad?

The US Department of State has several programs in place to assist travelers when faced with an emergency while overseas. [Services](#) range from help with a lost passport to a medical emergency to an international crisis.

## Can I Eat this?

Missing a team member due to intestinal distress wreaks havoc on your travel plans. It is confusing to figure what is safe to eat and drink when traveling. The 'Can I Eat This?' [app](#) from the CDC gives your team members the safest options when travelling. It works on both platforms and doesn't need wifi to work.



# Resource Guide

## **What does the CDC recommend for your trip?**

The experts at the CDC have compiled a very helpful web-based [tool](#) to advise your traveling employees how to stay healthy at their destination. In the center of the page there is a drop down menu for travelers. *Note:* please select 'extended stay' if the trip will be 2 weeks or longer. And 'chronic disease' is for anyone who has asthma, diabetes, or another underlying health problem.

## **Where can you find travel medicine specialists?**

Preparing for international travel often requires specialized advice, vaccines and medications. Listings of travel medicine specialists are available through International Society of Travel Medicine ([ISTM](#)) and American Society of Tropical Medicine and Hygiene ([ASTMH](#)).

## **What do you need to know about travel health insurance?**

Many health insurance plans do not cover overseas expenses like visiting the emergency room, medications or transfer back home for care. A better alternative is a travel health insurance policy with coverage for evacuation. These are relatively inexpensive way to give you and your employees peace of mind when traveling.

## **How to keep track of vaccines?**

Help your team keep their immunizations organized. The Vaccine Record [app](#) is a handy way to keep the information at your employee's fingertips, no matter where they are in the world.

## **How can you locate a doctor if your team member becomes ill when traveling?**

International Association for Medical Assistance to Travelers (IAMAT) keeps a [database](#) of well-trained, English speaking doctors around the globe who can help your employees if they become ill while traveling. Search their website for valuable travel health information too.