

Healthy safe summer



# Prepare and stay well while travelling this summer

Here are some simple tips to keep healthy and safe this summer:



Research your destination and any health risks.



Speak to your doctor or pharmacist about any recommended vaccinations.



Pack enough medication (in original packaging) for your trip.



Get travel insurance no matter where you're going.

For more tips:  
[health.nsw.gov.au/summer](https://health.nsw.gov.au/summer)

