



The Safe Traveler Bulletin

Health information to guide Commonwealth travelers on how to prevent illness for themselves and communities while traveling.

4 Travel Tips to Know in the Next 3 Minutes!

1

Be a five-star traveler. Keep up with the latest travel health news that might affect your trip by [subscribing](#) to *The Safe Traveler Bulletin*.

2

The CDC Travelers' Health Branch gives health advice for international travelers. Use their [destination tool](#) to find the vaccines and medications you need for your next trip.

3

Pack a [travel health kit](#). Pack enough for your trip and extra in case of delays. Some items may be hard to find at your destination. Bring items like medicines, a mask, insect repellent, sunscreen, hand sanitizer, and water disinfection tablets.

4

Sign up for the U.S. Department of State's (STEP) [Smart Traveler Enrollment Program](#).

The Centers for Disease Control and Prevention (CDC) provides warnings about health risks in different countries during outbreaks or disasters. They also use alerts called **Travel Health Notices (THNs)** to inform travelers about global health risks and advise about actions travelers can take to prevent illness or harmful health effects.

Need help finding travel information:

Call [CDC-INFO](tel:1-800-232-4636) (1-800-232-4636) or visit www.cdc.gov/dcs/ContactUs/Form

The Smart Traveler Enrollment Program (STEP)

is a FREE service for U.S. citizens and nationals traveling and living out of the country to enroll their trip with the nearest U.S. Embassy or Consulate.

Registering ensures that the U.S. Department of State knows where you are if you have serious legal, medical, or financial trouble while traveling.

STEP can also help friends and family contact you in the event of an emergency.

STEP provides safety information about your destination country, helping you make informed decisions about your travel plans.

Contact the Bureau of Epidemiology

Sign up to receive *The Safe Traveler Bulletin* or to give topic ideas ra-pwsafetravel@pa.gov.

What is Long COVID?



Long COVID is when you develop health problems or continue to feel sick after a COVID-19 infection.

Long COVID patients commonly report being very tired all the time, fever, fast-beating heart, chest pain, cough, shortness of breath, difficulty thinking or concentrating, headache, sleep problems, change in smell or taste, depression or anxiety, rash, and joint or muscle pain.

What You Need to Know

- Long COVID can last for weeks, months, or years.
- It's more common in people who had severe COVID-19 illness, but anyone who has been infected with COVID-19 can get it.
- Not being vaccinated against COVID-19 may increase your risk of Long COVID.

In July 2021, Long COVID was recognized as a condition that could be a disability under the Americans with Disabilities Act (ADA).

Learn more:
[Guidance on "Long COVID" as a Disability Under the ADA.](#)

Simple Steps You Can Take to Prevent Getting Sick With Malaria

Krystal Mason, Pennsylvania Department of Health vector-borne disease expert, shares essential advice for travelers.

What is malaria?

[Malaria is a disease](#) caused by a parasite carried by the *Anopheles* mosquito. When one of these mosquitoes bites someone with malaria and then bites you, it can pass the disease on to you. People who get malaria might have fevers, feel like they have the flu with chills, headaches, and muscle pain, and feel sick to their stomach. Symptoms usually show up about 7 to 30 days after being bitten, but sometimes it takes longer. If not treated right away, malaria can be life-threatening.

Where is malaria common?

Even though getting sick with malaria in the U.S. is pretty rare, people who travel to [certain countries](#) where malaria is more common can carry it back home. Malaria can be transmitted any time of year during the right conditions. The highest transmission rates of malaria are found in Africa South of the Sahara and parts of Oceania such as Papua New Guinea.

Think you might be sick with malaria?

If you are experiencing symptoms of malaria, and especially if you have traveled in an area where malaria occurs, see a doctor as soon as possible. Let them know where you've been so they can figure out the best treatment for you. If you're not showing any symptoms, you don't need to get tested.



Just a bottle cap filled with water is enough for hundreds of mosquito eggs to hatch.

Reduce mosquitoes and their habitats by not leaving anything outside that could collect water.

How Can You Protect Yourself?

- Make a list of the places you're going to visit and find out about your risk of getting malaria.
- See your doctor about a month or so before you leave, and get vaccinations and antimalaria drugs if needed.
- Antimalaria drugs are time sensitive. If your doctor gives you a prescription, make sure you take it exactly when you're supposed to, without skipping any doses.
- To keep mosquitoes away, use [EPA-approved](#) bug spray and treat your clothing and gear with insecticide. Wear light colored, long-sleeved shirts and long pants. Sleep under a bed net that has bug spray on it.
- Make sure your windows and doors have screens so mosquitoes can't get inside.