

Keep Kids Healthy While Traveling

By Amy Bentley

1.9 million

ESTIMATED NUMBER OF AMERICAN CHILDREN WHO TRAVEL INTERNATIONALLY EACH YEAR

TRAVELING BY AIR

"There are plenty of germs flying with you in that airplane. People should bring waterless, alcohol-based hand sanitizers or wipes with them on the plane. Use them before eating or drinking and after using the bathroom and washing your hands, because the water on airplanes has a dirty track record," says Dr. Adler, a CHOC infectious diseases specialist. She adds that children (and their parents) also should have a flu vaccine, especially if they are flying in wintertime.

30%-70%

PERCENT OF INTERNATIONAL TRAVELERS WHO CAN BE EXPECTED TO DEVELOP TRAVELERS' DIARRHEA DEPENDING ON THE DESTINATION AND SEASON OF TRAVEL



VISITING FOREIGN COUNTRIES

"Make sure your child is up to date on routine vaccinations and ask your pediatrician about any additional vaccines your child might need. It's also important to check if there is malaria where you are visiting as you might need anti-malaria medication," says Dr. Adler. She noted that diarrhea is common when traveling abroad, especially in developing countries, so it's best to use bottled water for drinking and teeth brushing - and no ice in drinks. Finally, says Dr. Adler, "One of the rules we always tell families is when eating fruits and vegetables, you boil it, cook it, peel it, or forget it."

HEALTHY TRAVEL PACKING LIST

- Bandages
- An antibacterial ointment
- Waterless, alcohol-based hand sanitizer
- A thermometer
- Over-the-counter pain medicine like ibuprofen or acetaminophen
- Decongestant and cough drops
- Hydrocortisone cream
- Sunscreen (≥ SPF 15)
- Any prescription medications, packed in your carry-on luggage
- Insect repellent if you are traveling somewhere where mosquito-borne diseases like malaria are present
- Your pediatrician's phone number



Dr. Felice C. Adler
CHOC Infectious Diseases Specialist

Dr. Adler has been working at CHOC since 2008 and is the director of outpatient services for the Division of Infectious Diseases. Dr. Adler completed her internship and residency training at the Vanderbilt University Children's Hospital in Nashville, Tenn. She completed her fellowship training in pediatric infectious diseases at Miller Children's Hospital, Long Beach, and the University of California, Irvine College of Medicine. Her main areas of interest include travel medicine, recurrent fevers, skin infections and bone and joint infections. Dr. Adler started a bone and joint infection clinic at CHOC in conjunction with the Orthopedic Surgery department.

Dr. Adler's philosophy of care: "I listen very closely, respond to families' concerns, and treat every child as I would want my own child to be treated."

EDUCATION:

Vanderbilt University School of Medicine, Nashville, Tenn.

BOARD CERTIFICATIONS:

Pediatric Infectious Disease



50 YEARS OF EXPERT CARE

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