



## Travel Health – Being Prepared

### Description

No matter your age, travel health can be a threat to the success of your trip. This can occur before or during your trip. You can use many interventions to mitigate that risk, especially during the trip. Joelle has had a long career in the medical field as a nurse. Within that role, she was passionate about education, believing firmly that when patients understand what is occurring, it empowers them to have a more active role in what is happening to them. The patient can then become their advocate, which is essential to get the care they deserve. This translates to travel health well.

The goal is to educate our readers on the role they can take in their health during travel. It is about being prepared and understanding how and why it is your best choice. By understanding, you will be more likely willing to take on the actions and behaviors needed to ensure you are in the best travel health for your adventure. Joelle has always believed no one is incapable of comprehending the whys. We often don't give people enough credit, and if we explain it correctly and clearly, any layperson can learn.

Joelle will be adding many posts on Travel Health as the blog grows. Travel health-specific posts will be displayed on this page.

### Posts in development on travel health

- Failproof Way to Prevent Sea Sickness
- Jetlag: Guidance on how to prevent that
- Getting Ill Abroad: How to Prepare
- Wanderers Compass Travel Emergency Card
- Handling Medical Emergencies During Travel
- Injury Before Travel: Should I proceed?
- Pharmacies Abroad: How to Make Use of them
- Plane travel: How to make it the best experience possible
- Added risk in Cruise travel: How to reduce your risk

The topics can be endless, but we may not have thought of what you are interested in. We would love to hear what you want to see us address on travel health. You may have hard-earned travel health stories you would like to share. It is when we share we learn. It may even save a life! You can let us know your ideas in the comment section below or contact us privately *here*.

We look forward to empowering you to take control of your health during your travel!

default watermark

#### **Our Travel Health Posts**



[Travel Health](#) / [Travel Tips & Resources](#)

## [Why Milk is the Perfect Hydration Boost for Plane Travel](#)

Milk isn't just for breakfast; it's also a great choice for hydration and energy...

November 12, 2024



[Travel Health](#) / [Travel Tips & Resources](#)

## [Veterans' Restorative Journeys: Exploring with Wanderers Compass](#)

Ryan had the vision to create a travel blog, hoping to help other disabled...

August 9, 2024





[Travel Health](#) / [Travel Tips & Resources](#)

## [Essential Medications for Long Flights: A Nurses Guide](#)

“Spectacular achievement is always preceded by unspectacular preparation.” Robert H. Schuller It is all...

September 11, 2023



[Travel Health](#) / [Travel Tips & Resources](#)

## [Global Medical Evacuation Coverage for Travelers: A Frank Discussion](#)

Find out why knowledge is power in Global Medical Evacuation. Learn how being informed...

March 31, 2022



[Travel Health](#) / [Travel Tips & Resources](#)

## [Ryan's Top Travel Tips](#)

With some simple strategies and tricks of trade you can improve your travel experience....

March 18, 2021

**Date Created**

May 6, 2020

**Author**

jmachiaoutlook-com

default watermark