

Public Health Toolkit **SOCIAL MEDIA**



Summer Emergency Preparedness

POST: Heading out on a family vacation? Be sure to pack a travel health kit that includes: prescription and over-the-counter medications, first aid supplies, health insurance cards, copies of insurance cards, and sunscreen and insect repellent.

TWEET: Heading out on a family vacation? Be sure to pack a travel health kit.

<https://www.cdc.gov/phpr/documents/pre-infographictravelprep.pdf>

POST: Know before you go away this summer with these three tips:

- Check for travel warnings and health notices.
- Be familiar with local warning systems and evacuation routes.
- Have an emergency contact and share important travel information with this person.

TWEET: Be ready for emergencies before you even leave for vacation.

<https://www.cdc.gov/phpr/documents/pre-infographictravelprep.pdf>

POST: Summer Travel Tip: When on vacation, talk as a family about where you will meet if you become separated for any reason. Be a prepared traveler.

TWEET: Summer Travel Tip: When on vacation, talk as a family about where you'll meet if you become separated for any reason. Be a prepared traveler

POST: Have you prepared your emergency travel contact list this summer? Include in it your home emergency contact person, the U.S. embassy or consulate (if you are traveling outside the U.S.) and health care facilities in the area(s) where you will be.

TWEET: Prepare your emergency travel contact list w/ home emergency contact, U.S. embassy or consulate & health care facilities where you will be.

POST: Safe travel tips for after your trip: Always monitor your health for signs of travel or unusual sickness. Contact your provider if you are feeling unwell and have recently traveled.

TWEET: Always monitor your health for signs of travel related sickness. Contact your provider if you're feeling unwell & have recently traveled.

