



# Stay healthy away from home

Whether you're on the go around town or traveling across the country, take these easy steps to stay healthy.



## Be prepared

- Pack for the weather. Don't forget sunglasses and a hat.
- Always bring sunscreen that's SPF 30 or higher to help [protect your skin](#).
- If you're going abroad, check [cdc.gov/travel](https://www.cdc.gov/travel) for health notices and vaccination recommendations.



## Keep medications at hand

- Refill your prescriptions before long trips. Talk to your doctor if you're managing any conditions.
- Keep sunscreen in your purse, backpack, or carry-on so you can apply it every 2 hours.
- If you're leaving the country, pack any over-the-counter medications you often use.



## Get care anywhere

As a member, you can get care when and where you need it:

- In-person urgent and emergency care
- 24/7 virtual care and advice using the Kaiser Permanente app
- Prescription refills
- Travel care help by phone: **951-268-3900 (TTY 711)\***

Visit [kp.org/travel](https://kp.org/travel) to learn more about getting care away from home.

\*This number can be dialed from both inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you're outside the country. Long-distance charges may apply, and we can't accept collect calls. The phone line is closed on major holidays (New Year's Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific time (PT), and it reopens the day after a holiday at 4 a.m. PT.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 4000 Garden City Drive, Hyattsville, MD 20785 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057