



Danielle Pettit-Majewski, Director

PRESS RELEASE

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Johnson County Public Health reminds the community for Vacation & Travel Safety

Johnson County, Iowa –

As the community travels for spring break or vacation, Johnson County Public Health would like to remind everyone on health and safety travel tips for this upcoming spring. Whether it is sunscreen for UV light protection, using EPA-registered insect repellents, food safety, or staying up to date with vaccinations, take note on where you are going, what you are doing, and how you can stay safe and healthy.

“As you gear up for a fantastic and well-deserved break, we want to ensure your safety and the well-being of those around you. Diseases like measles, a highly contagious viral infection, can spread rapidly in crowded places like airports, hotels, and tourist destinations,” said Danielle Pettit-Majewski, Director at Johnson County Public Health. “We care about your health, so here are a few friendly reminders to stay safe and health for vacation.”

1. Check Your Vaccination Status: Ensure you and your travel companions are up to date on your vaccinations for diseases like measles. Vaccination is the most effective way to prevent the spread of this infectious disease.

2. Know the Symptoms: Familiarize yourself with the symptoms of measles, which include high fever, cough, runny nose, and a distinctive red rash. If you experience these symptoms during or after your trip, seek medical attention promptly and let healthcare professionals know about your recent travels.

3. Practice Good Hygiene: Wash your hands regularly with soap and water. Hand sanitizer can be used when soap is not available. Avoid touching your face, especially your eyes, nose, and mouth. These simple measures can help prevent the transmission of viruses.

4. Be Cautious in Crowded Areas: Measles can spread easily in crowded places. Be mindful of your surroundings, especially in busy airports, public transportation, and popular tourist spots. Maintain personal space and consider wearing a mask in crowded areas, especially if you are in contact with individuals from different regions.

5. Stay Informed: Keep yourself updated on measles outbreaks and travel advisories in your destination. Stay connected with local health authorities and follow their guidelines to ensure a safe and enjoyable Spring Break.

A community where all can achieve optimal health.

6. Travel Recommendations: Stay up to date on updated information if you're traveling near or far. The CDC's travel recommendations provided recommended vaccines prior to travel, including Flu, RSV and COVID-19.

Remember, your health and the health of those around you matters. By taking these precautions, you contribute to creating a safer and healthier environment for everyone.

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