Road trips and camping expeditions can be a great way to experience our country from a different vantage point. Traveling down unknown highways and seeing strange, new places can fulfill that need for a rambling and exciting adventure. Here are some ideas to make your trip a safe and enjoyable one.

**Camping Essentials**
Whether you choose car camping or backpacking, remember to bring along your map, insect repellent, first aid kit, sunscreen and plenty of water. Keep an eye out for those nasty critters that might ruin your fun. Snakes, insects, and animals (e.g., bears) can hamper your trip, so prepare for the possible encounter since you will be in their territory.

**Road Trip 101**
The open road has unlimited possibilities for adventure and excitement. Get out on the highways and experience the real America.

Drink lots of water when you are out on the road to avoid dehydration. In your road trip essentials kit, be sure to include plenty of sunscreen and a first aid kit. A cell phone and a roadside emergency plan are also a great idea just in case of automobile troubles.

Plan your route with maps from a travel agency (e.g., AAA) or use the internet to find your way. Campgrounds and hotels can also be found on the internet or check out books at your local bookstore.

**Going into Mexico?**
Avoid drinking water from an unknown source. If you are traveling in certain areas out of the United States, beverages such as tea and coffee made with boiled water, canned or bottled beverages, beer, and wine are safe to drink. Remember that drinks with ice can also cause stomach troubles.

To avoid illness, travelers should be advised to select food with care.1 Food can be contaminated with Hepatitis A, Salmonella, and Typhoid. You should not eat uncooked food, such as lettuce, vegetables and fruit without peels.

Each year, more than 2,500 American citizens are arrested abroad—about half on narcotics charges, including possession of very small amounts of illegal substances.2 Do not bring drugs into another country or purchase drugs while in another country. Laws outside of the U.S. can be extremely strict and our rules do not apply!

References:
1. www.cdc.gov
2. travel.state.gov/spring_break.html
Travel Fitness

Vacations are a time to relax and get away from the everyday stresses of normal life. Time off from work or school allows for much more flexibility in a schedule, but it is still important to incorporate physical activity into a getaway.

Faced with day after day of eating out, sleeping in, and lounging by the pool, good nutrition and exercise may seem impossible to maintain. But keeping up with an exercise routine does not have to be as colossal a goal as many might think.

The easiest way to add exercise to a vacation is to include it in what you are already doing. When visiting a monument, tall building, or stadium, take the stairs instead of the elevator or escalator. Ask the hotel concierge for a map of the city to find out which of your planned destinations are reachable by foot. If you go to a nightclub, spend some time on the dance floor instead of just at the bar. You will be able to strut your stuff while still working up a sweat.

If traveling into a rural area, such as the mountains, get a map of local parks and trails and plan a hike as a way to see the area while staying active. A little research before a trip can add to the quality of a vacation by allowing you to be prepared for any activity. This will help with packing items such as clothes, shoes, protection, and equipment.

Find out if your hotel has a pool or a workout facility. Some hotels are even affiliated with a local gym where you can get a day or week pass for a discounted fee. If it seems impossible to exercise at your location, bring along a jump rope; it takes up little room in a suitcase and will increase your heart rate in just a few minutes. Crunches can be done anywhere that there is a flat surface and will keep your abdomen firm and toned. Lunges and squats require no equipment and will tone leg muscles while helping you to stretch.

Physical activity is crucial to maintaining a healthy body because it reduces risk factors for heart disease. Exercise helps control blood lipid abnormalities, diabetes, and obesity. It also builds healthy bones, muscles, and joints, which benefits the aging process and leads to less health complications as people grow older.

Vacations can be a great time to try new activities that may not be available in your hometown. Canoeing, hiking, horseback riding, swimming, scuba diving, archery, and rock climbing are all health-conscious activities that could open your eyes to a new interest. Most resorts, clubs, and rental stores offer expert instruction for beginners. For most people, the primary goal of a vacation is to take a break from day-to-day activities and find time to relax and recharge the body and mind while experiencing new places. If you come home feeling bad about yourself because you overindulged, the vacation loses some of its beneficial purpose. Sticking to a physical exercise plan will help you to come home feeling more healthy and energized then when you left.

References:
1. www.acefitness.org/fitfacts
2. www.familyfun.org
3. www.americanheart.org
Heat Exhaustion

Heat exhaustion is a form of heat illness that results when the victim is dehydrated. Every year, 400 people die from excessive natural heat in the United States. Heat exhaustion is a lighter version of heat-related illness that can develop after several days of exposure to high temperatures and insufficient fluid intake.

When a person is exercising or working out in a hot environment, the body tries to cool itself by sweating and dilating the skin’s blood vessels, which brings blood to the surface of the skin and raises the rate of radiation of heat from the body. Heat exhaustion then occurs when the body can no longer tolerate high temperatures.

People that are most at risk of suffering from heat exhaustion are the elderly, people with high blood pressure, and people exercising or working under hot weather conditions. People who are not accustomed to hot, humid weather or who ignore early signs of heat exhaustion are also susceptible.

The National Center for Environmental Health has put together a list of possible warning signs of heat exhaustion: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

The skin could be cool and moist and a person could still be suffering from heat exhaustion. Nasa’s Occupational Health publication has developed a list of recommendations for the prevention of heat exhaustion: Move the victim to a cooler environment. Sit or lie down and elevate the feet; loosen any tight fitting clothes and remove sweat soaked clothing. Place cool wet cloths on the torso and forehead and/or use a sponge bath, use a fan to increase air flow and cooling. Rehydrate, drink water. DO NOT use an alcoholic rub-down to cool the victim down. DO NOT force the person to drink; and NEVER give alcoholic or caffeinated drinks. A heat stroke victim may be unconscious, and NEVER give anything by mouth to an unconscious individual.

Heat related illnesses are preventable, and knowing how to take proper precautions is the safest way to protect yourself. Drink plenty of water whenever working in hot weather. It is not a good idea to wait until you feel thirsty to drink. Wearing light-colored clothing made from light weight materials is another preventive measure. Most importantly, listen to your body and watch out for the symptoms. If you feel any of the symptoms getting worse, see a doctor immediately.

References:
3. www.cdc.gov

“The National Center for Environmental Health has put together a list of possible warning signs of heat exhaustion: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.”
**SARS Health Alert**

As of April 20, there are about 198 suspect cases and 38 probable cases that have been reported in the United States.

What to look out for:
- Begins with a fever > 100.4°F (>38.0°C)
- Other symptoms may include headache, an overall feeling of discomfort, and body aches.
- After 2 to 7 days, SARS patients may develop a dry cough and have trouble breathing.
- Spread by close person-to-person contact.

For more information please check out www.cdc.gov.

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**Health Resource Center Programs**

SHAW (Sexual Health Awareness Workshop)
HIV/STD Testing and Counseling
Nutrition Counseling
Men’s Health Clinic
Outreach Presentations

**Please call to make an appointment!!!**

(562) 985-4609

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**Attention Females Ages 18-30**

If you are...
- Planning to live in the Long Beach area for the next 20 months
- Not pregnant or planning a pregnancy in the next 8 months
- Not positive for Herpes

You may be eligible to take part in a Herpes vaccine study conducted by UCLA Center for Vaccine Research in collaboration with CSULB Student Health Center.

Financial Compensation available

Call today for more information 562-985-4874 and be a part of an exciting research study!