

## Helpful Travel Information from the Center for Disease Control (CDC)

Before You Travel Tips

<https://wwwnc.cdc.gov/travel/page/before-travel>

Jet Lag

<https://wwwnc.cdc.gov/travel/page/jet-lag>

During Travel Tips

<https://wwwnc.cdc.gov/travel/page/during-travel>

Mental Health

<https://wwwnc.cdc.gov/travel/page/mental-health>

Packing Smart for First Aid

<https://wwwnc.cdc.gov/travel/page/pack-smart>

Routine Vaccinations

<https://wwwnc.cdc.gov/travel/page/routine-vaccines>

Travel Vaccinations

<https://wwwnc.cdc.gov/travel/page/travel-vaccines>

Travel Survival Guide/General Tips

<https://wwwnc.cdc.gov/travel/page/survival-guide>

Travel Abroad with Medicine

<https://wwwnc.cdc.gov/travel/page/travel-abroad-with-medicine>

Traveler's Diarrhea

<https://wwwnc.cdc.gov/travel/page/travelers-diarrhea>

Travelers with Chronic Illness

<https://wwwnc.cdc.gov/travel/page/chronic-illnesses>

Traveling with a Disability

<https://wwwnc.cdc.gov/travel/page/disability>

Travelers with Weakened Immune Systems

<https://wwwnc.cdc.gov/travel/page/weakened-immune-systems>

Water Safety Abroad

<https://wwwnc.cdc.gov/travel/page/safe-swimming-diving>

Mobile Apps

<https://wwwnc.cdc.gov/travel/page/apps-about>

Travel Health Notices

Armenia: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/armenia>

Azerbaijan: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/azerbaijan>

Georgia: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/georgia>