

When you travel from a cold to a warmer climate, your body will need time to adjust to the **heat**. Take it easy if you exercise at the start of your trip and drink plenty of fluids. For protection from the tropical sun, wear sunglasses, a hat and other protective clothing. Use sunblock (SPF 15 or higher) regularly, especially if you're taking medications (such as tetracycline) that increase the skin's sensitivity to the sun.

Travel to areas of **high altitude** poses special risks. Oxygen decreases as you climb higher above sea level, and rapid ascents to altitudes greater than 2,500 metres (8,000 feet) can cause altitude sickness, even if you're in excellent health. Symptoms include light-headedness, headache, fatigue, altered perceptions and sleep

disorders. The safest method for climbing is a graded ascent, taking your time to acclimatize at various altitudes. Some drugs can help with altitude sickness, but they aren't suitable for everyone. Moreover, some pre-existing health conditions can make travel to high altitudes (even some popular tourist destinations) more risky. If you have heart or lung disease or diabetes, be sure to discuss this subject with your health care provider and your travel health provider.

