

Travel Insured during Summer

Summer is a popular time for travel. Children and the elderly must especially be careful to avoid over exposure to the heat. To be safe from the heat you can follow these tips:

1. Be indoors if you can between 10 am and 2pm. These are the times that are the hottest in a day. Stay in the shade or plan indoor activities during that time.
2. Light colored clothing which is loose and light weight is the best choice for hot weather. Try to wear a wide brimmed hat to protect your face and neck. Wear full sleeved shirts made out of natural fibers like cotton which can breathe.
3. Anytime you go outside use sunscreen which offers protection at least SPF 30 and above. Use sunscreen that is water proof and long lasting. It must be re applied every few hours for maximum protection.
4. Do not wait till you are thirsty to drink water. The heat can make you lose lots of fluids make sure you replenish very often. Alcohol and sugary drinks must be avoided, they can make you dehydrated.
5. Extreme heat conditions can cause heat stroke or heat exhaustion. Heatstroke can be fatal and sudden. Failure of sweating mechanism causes the body temperature to rise and can result in loss of consciousness. Very hot, dry and red skin is a common sign. Immediately cool the victim with ice and cold water and rush them to the hospital.
6. Water and electrolyte loss can cause a less serious condition called heat exhaustion. The victim is fatigued and weak and may experience excessive sweating. Sometimes they may also experience muscle cramps because of salt depletion. Pale and clammy skin is a common sign. Provide rest and lost of fluids in a cool and well ventilated area.

In such situations it is important that you have necessary travel or visitor health insurance. Before you start on your trip, talk to your insurance agent. Have fun this summer!

About the Author

Suchi V is an expert on [travel insurance to USA](#). Get quotes, read our FAQs, and learn more about [medical insurance for USA visitors](#) on our website.

Source: <http://uniquefinancialarticles.com>