

Summer Travel Health Insurance Tips

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. Try to avoid being outside in the heat between 10 am and 2 pm. It is usually the hottest at that time. You can plan on doing some indoor activity at that time or try to stay in the shade.
2. When outside, dress comfortably in light colored, light weight clothing that is loose. Hats are very useful to shield your face and neck in hot weather. It is very important to wear clothes made with natural fibers so they 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. Heat exhaustion or heat stroke can occur during extreme heat conditions. Heatstroke is a dangerous condition that can be fatal. It can come about suddenly and result in loss of consciousness. When the sweating mechanism fails it can lead to extremely high body temperature and make the skin hot, red and dry. You must cool the skin with cold water and ice and take the person to the hospital immediately.
6. Heat exhaustion is more common and less serious. It is caused due to water and electrolyte loss. The person may exhibit signs of weakness and excessive sweating accompanied by a weak pulse and muscle cramps. The skin can be pale and clammy. Let the victim take some rest in the shade or in an air conditioned room. Provide fluids in frequent intervals.

Make sure you have adequate travel or visitor health insurance to protect you in case of an emergency. Speak to your insurance agent before you go out on your trip. Enjoy your summer!

About the Author

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

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