

FactSheet

Para Su Información

Stay Healthy While Visiting Las Vegas

You have planned your trip, purchased your airline tickets and secured your hotel reservations. Now, ensure you have a healthy vacation by using these tips to maintain your health during your stay in Las Vegas.

General Tips

Jet lag—the run-down feeling you may experience after a long airline flight—can cause fatigue and disorientation. Once in Las Vegas, allow yourself time to adjust by resting or taking a nap. During your stay, take steps to keep your body in peak condition:

- Remain active during daylight hours.
- Eat small, well-balanced meals.
- Get plenty of rest.
- Avoid alcohol.
- Get moderate exercise.

Avoid Dehydration

Las Vegas is a desert environment. People who are not used to the climate can become dehydrated quickly. To avoid becoming dehydrated:

- Drink one full glass of water per hour during your stay.
- When playing casino games or machines, ask the cocktail waitress for water.
- Avoid eating salty snacks, such as nuts, pretzels and chips during your visit.

Wash Your Hands Thoroughly

Hand washing is the number one defense against gastrointestinal illness (diarrhea, nausea and vomiting).

Washing your hands frequently will reduce the number of bacteria and viruses that you will encounter.

Techniques for proper hand washing include:

- Use soap and warm water to lather your hands.
- Scrub vigorously for at least 10 seconds.
- Rinse your hands thoroughly after washing.
- Use a clean paper towel to dry your hands, turn off the faucet and open the restroom door.

Other Tips

- Make sure your food has been thoroughly cooked.
- Avoid dishes containing raw eggs, such as eggs prepared “sunny side up.”
- Determine if any of your medications make you more sensitive to sunlight, and plan accordingly: stay out of the sun or use sunscreen.

If You Become Ill

If you experience nausea, vomiting and/or diarrhea during your visit, notify your hotel housekeeping or general staff, to ensure your room is properly cleaned and disinfected. This will help protect you and other guests from further illness.

Plan Ahead for Future Trips

- Before traveling, adjust your sleep patterns to Las Vegas time.
- During your flight, try to get up once an hour to stretch and walk around.

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Special Planning for Seniors

Seniors may have special medications, diets, mobility issues and other considerations that require special planning. Before traveling, seniors should:

- Talk with a doctor about the trip.
- Pack sufficient medication in both carry-on bags and luggage.
- Carry a list of medications, doctor's name and phone number, and pertinent medical information.



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