



RUN DATE: 12.19.18
UVPM: 8,404,605



6 Inexpensive Ways I Stay Healthy While Traveling



As avid travelers, my husband and I have frequented virtually [every state across the U.S.](#), inhabited hundreds of hotel rooms and flown on most major airlines. We've seen the downright dirty — including a massive fly floating in a girl's cocktail as she unwittingly sipped away, giving dirty martinis a whole new meaning. Gargantuan flies aside, we've picked up our share of bugs, and what we've learned is that being proactive is key. If you're itching to [hit the open roads](#) or fly the friendly skies this spring, you're not alone. Leisure travel in the U.S. is increasing each year and,

according to the U.S. Travel Association, Americans embarked on 1.8 billion personal trips in 2016. Of course, as our travel increases, so do our chances of getting sick. With a nasty [flu season peak trailing shortly behind us](#), the CDC estimates that the flu has resulted in between 9.2 and 35.6 million illnesses in the U.S. since 2010.

What's a vacay voyager to do? Sit back, relax and enjoy these cost-effective solutions to assure your next getaway is spent sunning on the lido deck, not sick in an infirmary.

Disinfect Surfaces Naturally

Germs thrive on porous and nonporous surfaces, so wiping down keyboards, doorknobs and remote controls — whether you're [bunking in an Airbnb or the Beverly Wilshire](#) — is essential. Don't forget your phone. Turns out, you're more likely to expose yourself to staph infection by using your cellphone than you are by sitting on a toilet seat in a public restroom, according to an ABC News report. You can also catch the flu and other viruses from your cellphone as they can live a few days on nonporous surfaces.

Wipe those dirty surfaces with botanicals, not chemicals. Look for natural hand-sanitizing wipes and sprays like the CleanWell brand, which is EPA registered, FDA compliant and made with a patented anti-microbial technology from thyme oil. CleanWell products are alcohol-, triclosan- and cruelty-free, biodegradable, nontoxic and safe for kids. **Cost: \$3.99**