



Tips on Keeping Safe During Vacation

Last year, traveling during Spring Break still seemed like a bad idea due to COVID-19. This year, everyone is ready for a vacation. As we get excited to venture out whether during Spring Break or over the summer, we may lose focus on keeping safe. Below are a few reminders:



Tell your financial institution you are traveling

It's always a good idea to let your financial institution know you are traveling. Credit card and debit card usage in different locations can trigger suspicion that your card(s) have been compromised. Here is [how to place a travel notification with Nymeo](#).

Keep your phone charged in case of an emergency

Better yet, bring a portable phone charger with you if you are going somewhere without easy-to-access outlets, such as the beach or a state park. Better to be safe than sorry.



Memorize phone numbers

We all have become accustomed to our contacts coming up automatically on our cell phones or resort to texting; many of us do not know phone numbers of emergency contacts by memory. In the case of children, it is important for them to remember at least one phone number should they ever separate from you.

Wear sunscreen

Seems like a no-brainer but since we have spent so much time indoors, people have forgotten to use sunscreen. Make sure you lather up, face and body, when vacationing outdoors.



Be prepared with medicine and health information

If someone is at risk for an asthma attack or an allergic reaction, you should always carry the appropriate medication wherever you go. Bring important health documents with you on vacation, including prescription information, insurance cards and vaccine records. It is also a good idea to have emergency numbers handy.

Embrace the friend system

Whether you are out of the country at a local beach or amusement park, make sure you are not alone. This is especially important for young adults who flock to popular beach destinations.



To wear a mask or not...

The CDC now advises that masking in public is up to individuals. Some jurisdictions may require masks. You may want to consider wearing a mask still if you are immunocompromised or if anyone in your household is.

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