



Tips for Veterans Attending the 56th Presidential Inauguration

PLAN AHEAD

- Think about your health status
 - Speak to your doctor before you travel
 - Would this trip put your health in jeopardy?
 - Do you have any special health needs?
 - Remember, January is flu season---have you had your flu shot?
- Learn about inaugural events in the Nation's Capital
 - Secure lodging *prior* to travel
 - DC area transportation: www.wmata.com
 - Local inaugural information: www.inauguration.dc.gov
- Anticipate large crowds; expect long periods of standing outdoors, walking long distances, and potentially cold weather.

PREPARE

- Pack Smart
 - Health Travel Kit: All prescription and non-prescription medicines you take; Veterans Identification card
 - Strict security measures will be in place: No bags exceeding size restrictions (8"x6"x4") will be allowed along parade route; no surrendered items will be returned, nor available for pick-up later
- Check local forecasts at www.weather.com Keep head, hands and feet warm and dry.
- Know what to do if you become sick or injured on your trip
 - Washington VA Medical Center
 - 50 Irving Street, NW
 - Phone: (202)745-8000
 - <http://www.washingtondc.va.gov/>
- Ask a family member, friend or employer to be your emergency contact while you are traveling, and carry contact information and a list of medications with you in case of emergency

PROTECT YOURSELF

- Pay attention to your health during your trip
 - Drink plenty of water or liquids to avoid dehydration
 - Keep your hands clean; consider carrying hand sanitizer
 - Cover your coughs and sneezes
 - Limit alcohol intake, and do not drink alcohol and drive