



For Immediate Release

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Quiz Tests Your Travel Safety & Health Knowledge

- What services do US embassies provide abroad?
- How can you recover from jet lag?
- How do you ensure your safety in a new destination?
- Where should you sit in a plane to avoid motion sickness?

These are among the questions in a [“TRIP” travel quiz](#) from the [US Travel Insurance Association](#). Based on information from TRIP, www.trip.ustia.org, -- a consumer web site devoted to educating the public on “Traveling Responsibly, Informed, and Protected” -- the TRIP savvy quiz helps travelers gauge their knowledge on practical matters ranging from travel security to health. Each question links to an article answering the question, and a key at the bottom of the quiz provides correct answers at a glance.

The quiz can be found on the [TRIP website](#) where readers can also access more than 100 travel articles and tips such as:

- Difference between a Travel Warning and Travel Alert
- Travel Safety in the Outdoors and National Parks
- Which Items to Pack in Your Carry-On
- How to Replace Your Passport if it is Lost Abroad
- How to Minimize the Risk of Losing Your Checked Luggage
- Five Simple Steps to Minimize Jet Lag
- Tips to Avoid Getting Sick on a Cruise Ship

An initiative of the [US Travel Insurance Association](#) (USTiA), TRIP was created to empower people to travel safely. An insider’s guide to travel health, safety and security, TRIP is a one-stop compendium containing helpful links to travel resources, reader polls, and a content library searchable by keyword.

The site was launched in response to a survey conducted for USTiA, where 60% of Americans said that safety and security concerns would influence their choice of an international travel destination. The same survey revealed that 46% of Americans rank health concerns as a factor when choosing a destination.

Being armed with the latest information provides a level of security and confidence for travelers, as does having travel insurance, advises the USTiA. Travel insurance can help protect your vacation investment in case you have to cancel or interrupt a trip for reasons such as illness or natural disaster. In addition to covering situations such as illness and injury when on vacation, or delayed or lost baggage, comprehensive travel insurance also provides a wide range of assistance services. These can include evacuating travelers in cases of emergency, and help with obtaining replacement passports in case of

loss or theft while traveling abroad.

For more information on travel insurance and a listing of UStiA members, visit www.ustia.org. Videos explaining travel insurance and medical evacuation are available by visiting the [UStiA YouTube channel](#) or by keying in *ustravelinsurance* on YouTube.

About UStiA

UStiA promotes fairness, integrity, and a commitment to excellence in the travel insurance industry. With a mission to educate the public on travel insurance while maintaining high industry standards, UStiA is a nonprofit association of insurance carriers and allied businesses involved in the development, administration and marketing of travel insurance and assistance. Travel insurance and assistance services are available from travel agencies, airlines, tour operators, hotels and resorts, and insurance brokers, as well as through the Internet.

To learn more about travel health, safety, and security visit www.trip.ustia.org.

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TEST YOUR TRIP SAVVY

How much do you know about your travel health, safety, and security? Answer the questions below and calculate your TRIP IQ. Hint: each question is a link to help you find the answer. More information is available at www.trip.ustia.org.

1. [How can you recover from jet lag?](#)
 - a) Drink coffee and alcoholic beverages
 - b) Drink plenty of water

2. [Where should you convert currency for the best exchange rate?](#)
 - a) The airport
 - b) Your hotel
 - c) Your local bank before you go

3. [When departing on a cruise, for extra safety should you pack your computer in your checked luggage?](#)
 - a) Yes
 - b) No

4. [If you need to use an emergency slide to evacuate an airplane, you should:](#)
 - a) Jump feet first
 - b) Sit down and push
 - c) Keep your high heels on

5. [To help ensure your safety in a new destination, make sure you:](#)
 - a) Locate the emergency exit closest to your hotel room
 - b) Ask the hotel staff for reliable taxi and other services
 - c) Take the hotel's business card with you for easy access and reference
 - d) All of the above

6. [To avoid motion sickness, where should you sit on a plane?](#)
 - a) Near the cockpit
 - b) By the bathroom
 - c) Over the wing
 - d) Near the back of the plane

7. [The best kind of sunglasses to wear when traveling are:](#)
 - a) Ones with dark lenses
 - b) Designer sunglasses
 - c) Wrap-around styles

8. [Which types of services do US Embassies or Consular offices provide for Americans abroad?](#)
 - a) Resolving cell phone reception problems
 - b) Replacing lost or stolen US passports
 - c) Issue visas for other countries

9. [If you travel with medication or prescription drugs, make sure you:](#)
 - a) Get a doctor's note detailing your condition and the medication

- b) Leave medication in the original container
- c) Research the legality of any medications, and their restrictions, before you travel
- d) All of the above

10. Protect your identity while traveling by:

- a) Using a false name
- b) Being aware and vigilant at ATMs and when using a credit card
- c) Leaving your credit cards at home

Bonus Question: What single internet source has helpful information on travel health, safety, and security in one place?

- a) Wikipedia
- b) The Farmer's Almanac
- c) TRIP

Check Your Score:

8-10 Correct: You're a TRIP-savvy traveler!

5-7 Correct: You're on the road to safe travel

0-4 Correct: You may need a little help—visit www.trip.ustia.org for more information on travel safety, security, and health.

Answer Key

1. b 2. c 3. b 4. a 5. d 6. c 7. c 8.
b 9. d 10. b Bonus: c