



# Jet Lag

## *Prevention & Treatment Checklist*



# JET LAG PREVENTION AND TREATMENT CHECKLIST

## JET LAG CARE

Packing these items to use on your flight or at your destination will help reduce the risk of jet lag so you can feel fresh and ready for your holiday or business trip.

### What to pack

- Eye mask
- Ear plugs or noise cancelling headphones
- Rehydration electrolyte solution
- Compression socks
- Blanket or comfortable jacket
- Melatonin tablets
- Download any sleep or calm app

### Before your flight

- Sleep a few hours:
  - Earlier if going East
  - Later if going West
- Choose a comfortable outfit to wear on your flight
- Plan ahead: Begin packing a few days before leaving to avoid stress, select a comfortable plane seat, avoid scheduling important activities on the first day
- Avoid alcohol the day before

### On your flight and when you arrive

- Eat and sleep according to the local time zone of your destination
- Stay hydrated - avoid alcohol
- Limit caffeine
- Eat healthily
- Avoid spicy and fatty foods
- Going East - get some morning light
- Going West - get some afternoon light

## Contact information for Australian travellers

### Smart Traveller:

[www.smarttraveller.gov.au/COVID-19](http://www.smarttraveller.gov.au/COVID-19)

### The Australian Government provides 24-hour consular emergency assistance:

+61 2 6261 3305 from overseas

1300 555 135 from within Australia

### Other non-urgent contacts:

[www.smarttraveller.gov.au/about-us/contact](http://www.smarttraveller.gov.au/about-us/contact)

### Department of Health COVID-19 travel:

<https://www.health.gov.au/health-alerts/covid-19/international-travel>

### Contact us:

[travelhealthynow.com.au](http://travelhealthynow.com.au)

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