

TRAVEL GUIDE TO CAMEROON

FLAG DAY is June 14



Find out more about our nation's flag and it's history!

Visit:

http://www.americaslibrary.gov/jb/modern/jb_modern_bir th_1.html

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ARE YOU PREPARED?

The CDC recently advertized on their blog about being prepared for zombies, all kidding aside, they provided some excellent tips to emergency preparedness—

SAMPLE EMERGENCY PLAN:

1. **Identify the types of emergencies** that are possible in your area.
2. **Pick a meeting place** for your family to regroup. Pick one place right outside your home for sudden emergencies and one place outside of your neighborhood in case you are unable to return home right away.
3. **Identify your emergency contacts.** Make a list of local contacts like the police, fire department, and hospital. Also identify an out-of-state contact that you can call during an emergency to let the rest of your family know you are ok.
4. **Plan your evacuation route.** Plan where you would go and multiple routes you would take ahead of time.



SAMPLE EMERGENCY KIT:

- **Water** (1 gallon per person per day)
- **Food** (stock up on non-perishable items that you eat regularly)
- **Medications** (this includes prescription and non-prescription meds)
- **Tools and Supplies** (utility knife, duct tape, battery powered radio, etc.)
- **Sanitation and Hygiene** (household bleach, soap, towels, etc.)
- **Clothing and Bedding** (a change of clothes for each family member and blankets)
- **Important documents** (copies of your driver's license, passport, and birth certificate to name a few)

HEALTH & SAFETY OVERSEAS

AIR TRAVEL TIPS

To see the full article go to:

<http://www.parade.com/health/slideshows/wellness/stay-healthy-on-plane.html?index=1>

Tip #1: Drink 8oz. of bottled water or juice every hour of your flight.

Problem: Dry Cabin Air—with the low humidity it dries out the mucous membranes and increases your chance of catching a virus or other bacteria.

Tip#2: Walk or move around every hour, try not to cross your legs, and do exercises.

Problem: Blood clots in the deep veins of the legs can develop, especially on longer flights.

Tip #3: Consider bringing your own microfiber pillow & blanket; use hand sanitizers, and use bottled water to brush your teeth

Problem: Germs on the plane, though most airplanes use air filters.

Tip #4: Chew gum, suck on candy, and keep swallowing. If you have a cold, ask your doctor for a decongestant.

Problem: Clogged ears.



TIPS FOR HEALTHY TRAVEL THIS SUMMER

<http://www.medicinenet.com/script/main/art.asp?articlekey=52126>

1. Be Proactive—get a check-up before you travel.
2. Pack a Travel Health Kit in your carry-on luggage (anti-inflammatory, anti-diarrhea and motion sickness drugs; band-aids, antiseptic cream; drugs for upset stomach; bug repellent).
3. A Shot in the Arm—get vaccinated before your travel.
4. Consider the Flu Shot.
5. Wash your hands—again, and again, and again!
6. Drink and eat sensibly.
7. Move around and drink plenty of fluids.
8. Don't get bitten! Use bug spray, wear long sleeves, stay indoors at dusk/dawn.
9. Leave fear—and masks— at home!

LIFE OVERSEAS

SAFE FOOD HANDLING TIPS FROM CDC



FOR MORE INFORMATION VISIT:

[HTTP://WWW.FRUITSandVEGGIESMATTER.GOV/HEALTH_PROFESSIONALS/FOOD_SAFETY.HTML](http://www.fruitsandveggiesmatter.gov/health_professionals/food_safety.html)

- Carefully select fruits and vegetables.
- Before eating, rinse all fruits and vegetables.
- Keep produce separate from raw foods, such as seafood, poultry, and meat.
- Refrigerate within 2 hours all cut, peeled, or cooked produce.

10 Tips to Flying in Comfort

Read the full article at:

<http://www.skyscanner.net/news/articles/2011/04/009527-10-tips-for-flying-in-comfort.html>

Flying in Coach? No problem! Pack your own “comfort kit”.

Suggested items to bring include:

- Comfy Socks
- Ear plugs (or noise reducing headphones)
- Pashmina or small blanket
- Travel pillow
- Toothbrush/toothpaste
- Moisturizer
- Lip Balm
- Deodorant
- Eye mask





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We're on the Web!

<http://yaounde.usembassy.gov/>

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THROUGH
THE WEB!

Facebook: <http://www.facebook.com/yaounde.usembassy>

Twitter: Follow us at
<http://twitter.com/USEmbCameroon>

QUICK CLICKS!

USEFUL STATE.GOV LINKS—CHECK THEM OUT TODAY!

How can the Embassy assist you in an Emergency?

http://www.travel.state.gov/travel/tips/emergencies/emergencies_1212.html

Decade of Action for Road Safety:

http://www.travel.state.gov/travel/tips/safety/safety_5449.html



*Fourth of July event for American Citizens —
contact us for more details.*

OUR ACS TEAM WOULD LIKE TO MEET YOU!

OUR FRIENDLY AMERICAN CITIZEN SERVICES (ACS) TEAM IS LOOKING FOR OPPORTUNITIES TO MEET OUR FELLOW AMERICANS RESIDING IN CAMEROON. IF YOU OR YOUR BUSINESS WOULD LIKE TO ARRANGE A MEETING, PLEASE CONTACT US AT: CONSULARYAOUNDE@STATE.GOV OR CALL US AT 2220-1603.



MAY IS....
MILITARY APPRECIATION
MONTH

THANK YOU

& OLDER AMERICANS MONTH!

For more information, visit:

<http://www.nmam.org/>

and

<http://olderamericansmonth.org/>