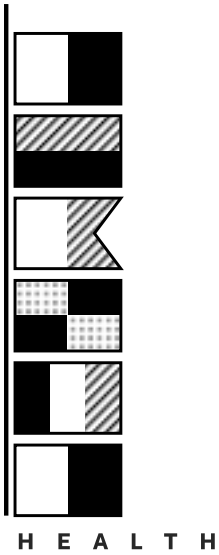
SEAFARERS HEALTH

SAFE TRAVEL | NO. 10

REST. THEN WATCH.



Arrive rested. Then take the watch.

Pain or swelling in one leg, or sudden breathlessness after travel? Get medical help fast.

Read the free guide

seafarershealth.org/safe-travel/

Free to print and share. General information, not medical advice.