



UTN

UNITED TISSUE NETWORK

United Tissue Network **June Newsletter**



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Traveling this Summer? Check Out These 16 Tips For Staying Healthy While Traveling



Here's the secret to staying healthy no matter where you're traveling. Come what may-cold, flu, norovirus-certain travelers manage to jet-set all over the world, attend the most crowded events, and rarely get sick. If you're not one of the lucky few, there are still some ways to mitigate the negative health effects of frequent travel. Here's what you need to know to stay well on your next getaway.



[History of Flag Day](#)

In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened on that day in 1777 by resolution of the Second Continental Congress.

Your Whole-Body Donation Questions Answered

BEFORE YOUR TRIP

1. Strengthen your immune system. The scientific evidence on the powers of supplements to prevent cold and flu isn't yet conclusive, but it doesn't hurt to take them if they've worked for you in the past, says Phyllis Kozarsky, M.D., the Centers for Disease Control's travelers' health consultant. A frequent traveler herself, she favors probiotics to boost gut health.

2. Pack these items in your carry-on: Hand sanitizer with at least 50 percent alcohol; disinfecting wipes (such as Clorox or Lysol); a light shawl or coat that can be used as a blanket; a travel pillow (on a long-haul flight or train trip); bandages; and nasal spray.

3. Wear glasses instead of contact lenses. Contact lenses can dry your eyes and make them vulnerable to microbial invaders. Wearing glasses also makes you less likely to touch or rub your eyes.

Click [here](#) to learn more tips!

First Day of Summer is Monday, June 20



The link below has the questions frequently asked by those who contact UTN. We understand you may have many more questions and invite you to call or email for additional information. It is our honor to provide you with all the information needed to make an informed and generous decision about donation.

[Read the FAQ's Here!](#)

Schedule a Whole-Body Donation Presentation Today!



What is whole-body donation and how does it benefit people? Learn about the difference donors are making by scheduling a UTN presentation.

Email: info@unitedtissue.org

Contact Us

Website:

www.unitedtissue.org

Donor Services & Information:

Available 24 Hours

877-738-6111

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877-738-5222

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