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Travel Health Notices As the COVID-19 situation around the world changes, CDC is monitoring COVID-19 risk in each country and making travel recommendations. If you are considering international travel, see CDC's COVID-19

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Health

2. Travel lowers stress levels. Like a lot, a lot. This one might not come as a big surprise to you, but it's been scientifically proven that travel will increase your happiness, decrease your depression, and chill you the F out. A study found that three days after vacation, travelers felt well-rested, less

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anxious, and in a better mood. And these improvements didn't disappear when they returned home, they lasted for weeks afterward.

7 scientific facts that prove travel is good for your health

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Health news Services near you Home;

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amount of scientific research suggests
that exploring a new place can do

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Five Reasons Why Travel Is Good For Your Mental Health

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about your health abroad. If your health insurance coverage is not adequate, consider buying a short-term supplemental policy. Look for a policy that will make payments to hospitals directly.

Insurance Providers for Overseas Coverage - Travel

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Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19. You can get COVID-19 during your travels. You may feel well and not have any symptoms, but you can still spread COVID-19 to others.

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Travel during the COVID-19 Pandemic | CDC

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Travel and mental health - GOV.UK

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