



## Health Tips for Those Attending United Supreme Council 2021

1. Remember to visit your Care Provider prior to leaving home.
2. Make a list of your emergency contact information, maintenance medications, medical conditions, allergies, and your Primary Care Provider's name and telephone number. Bring items with you and keep them with you at all times.
3. Be sure to bring your medications (in the bottles), with you, both prescribed and over the counter. If they need refrigeration, be sure to check with the hotel when you make your reservations.
4. If you need dialysis, a wheelchair, a motorized scooter or other services, be sure to make arrangements for these services prior to the conference. Do not wait until the last minute.
5. Our Medical Clinic will be opened from 8:00-5:00 on the scheduled days of the conference. In case of a health emergency after these hours, please contact the front desk.
6. As in all things, prepare yourselves accordingly. Although we will be in October, weather and heat conditions can be unforgiving. Remember to hydrate and if necessary bring sunscreen.
7. If planning to take advantage of the sightseeing tours being offered, be sure to wear comfortable shoes as these tours may be somewhat physically demanding.
8. If you have not taken the COVID-19 vaccine and are hesitant or have questions, please consult your Primary Care Physician. Unless he/she give you a specific reason "NOT" to take the vaccine, it is our sincere hope and recommendation, that you do so.
9. If you have questions or need information not covered, please contact:

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