

Read the text and match the questions a-c with the advice in paragraphs 1-3.
Then listen and check your answers.

a. I use a high factor sunscreen and I don't stay in the sun for too long. But, I still get sunburned. Any advice?
Wendy, Boston

b. I usually get terrible stomachaches when I'm on vacation. Any ideas?
Sally, Seattle

c. I always take pain relievers when I travel by plane because I get bad headaches. What should I do?
Darren, Cleveland

+ First-aid for Travelers **+**

1. _____

This is a problem for many people. You should try to get some sleep on the plane. Also, you should drink lots of water and move around.

2. _____

You should be careful with what you eat and drink. Never drink tap water, only bottled water. Brush your teeth with it, too. Also, don't buy drinks with ice in them.

3. _____

Don't forget to put sunscreen on every hour and after swimming. You can also wear a T-shirt when on the beach. Remember that you can get sunburned on cloudy days, too.