

TRAVEL SAFETY TIPS over the school holidays



Platinum Health members may be travelling over the coming school holidays and therefore it is important to take note of the following travel safety tips to reach your destination safely:

- Have your vehicle inspected or serviced before you leave and keep an emergency kit in it.
- Plan the drive ahead of time and know alternative routes.
- Avoid distractions – NEVER TEXT AND DRIVE!
- Stick to the speed limit and always wear a seat belt.
- Babies and small children should always be secured in a child car seat.
- NEVER drive under the influence of alcohol and drugs.
- Make frequent rest stops to stay fresh and alert.

Save the following numbers on your mobile:

**Platinum Health
medical emergency number
(082 800 8727)**

**Europ Assist
Ambulance (0861 746 548)**



**PLATINUM
HEALTH**