

Survey: 1 in 4 Americans Had Vacation Interrupted by ER Visit

Doctors from one of the busiest tourist spots in the U.S. offer 6 steps to stay healthy

Orlando Health

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NEWS PACKAGE


SUGGESTED TEASE	STILL TO COME, FAMILY VACATIONS THAT INCLUDE A TRIP TO THE E-R. WE HAVE THE RESULTS OF A NEW SURVEY THAT SHOWS JUST HOW OFTEN THAT HAPPENS - AND SIX STEPS TO KEEP YOUR FAMILY SAFE, NEXT IN HEALTH NEWS.
ANCHOR LEAD	THIS IS ONE OF THE BUSIEST TRAVEL TIMES OF THE YEAR - AND WHETHER YOU'RE GOING TO VISIT FAMILY OR TAKE A TRIP TO THE BEACH, THERE'S A CHANCE YOUR VACATION MIGHT INCLUDE A STOP IN THE E-R. A NEW NATIONAL SURVEY SHOWS IT HAPPENS MORE OFTEN THAN YOU MIGHT THINK. WITH DETAILS ON THE SURVEY AND SIX STEPS TO KEEP YOUR FAMILY SAFE, HERE'S CLARK POWELL.
(PACKAGE START) -----	
CG: Courtesy: Orlando Health	(Nats - Packing for vacation) :02
Shot of Jason and kids packing	JASON ZIEGLER (<i>pronounced: ZIG-ler</i>) AND HIS FAMILY ARE PACKING FOR A TRIP TO SEE RELATIVES OVER THE HOLIDAYS. UNLIKE A RECENT VACATION, THIS TIME THEY'RE HOPING TO SPEND A LITTLE MORE TIME GETTING SOME R-AND-R - AND LESS TIME IN THE E-R. :11
CG: Jason Ziegler Went to the ER on vacation :11 - :21	<i>"I tried to play it off and next day I just couldn't do it anymore and had to go to the emergency room and see what was going on, and ended up rupturing my eardrum and just had a horrible time the rest of the week."</i> :10
Photos of people in ER / blur (Graphic) 1 in 4 vacations includes a trip to the ER	WHICH IS MORE COMMON THAN YOU MIGHT THINK. IN FACT, A NEW NATIONAL SURVEY BY ORLANDO HEALTH SHOWS 1 OUT OF 4 VACATIONS ACTUALLY INCLUDES A TRIP TO THE E-R. AND EXPERTS HERE SHOULD KNOW. ORLANDO IS NOT ONLY ONE OF THE BUSIEST TRAVEL DESTINATIONS IN THE COUNTRY, IT'S ALSO HOME TO ONE OF THE BUSIEST E-R'S. :18
Shots of Orlando airport	
Shots of ER	

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<p>CG: Steven Corbett, MD Orlando Health :39 - :44</p> <p>Shots of Dr. Corbett in ER</p> <p><i>Wide shot of ER - graphic</i> <i>Never go on vacation if you're not well</i></p>	<p><i>"We really see the gamut. If you think it, and you can imagine it, quite honestly, we've seen it." :05</i></p> <p>DOCTOR STEVEN CORBETT IS AN E-R PHYSICIAN AT ORLANDO HEALTH - WHO TREATS SO MANY PEOPLE FROM SO MANY PLACES, HE KNOWS THE WORD "PAIN" IN 17 LANGUAGES. HIS FIRST TIP? NEVER GO ON VACATION IF YOU'RE NOT WELL TO BEGIN WITH. :11</p>
<p>Dr. Corbett (CG'd earlier)</p> <p>Shots of Dr. Corbett in exam</p> <p>Shots of medicine cabinet</p> <p>Graphic of phone - Photos of prescriptions Allergy list / MRI images</p>	<p><i>"If you're ill or sick before you leave, and you wouldn't go to work that day - you probably shouldn't go to your vacation that day, as well." :07</i></p> <p>HE SAYS TOO MANY PEOPLE TRY TO PUSH IT, AND END UP IN THE E-R. AND A SURPRISING NUMBER FORGET TO REFILL MEDICATIONS BEFORE THEY LEAVE. CORBETT SUGGESTS USING YOUR PHONE TO TAKE PHOTOS OF PRESCRIPTIONS AND UPLOAD IMPORTANT IMAGES OR X-RAYS. :13</p>
<p>Dr. Corbett (CG'd earlier)</p> <p>Shots of Dr. Corbett in ER</p> <p><i>Wide shot of ER - graphic</i> <i>Buy travel insurance</i></p> <p>Shots of Jason packing car</p> <p>Shot of Jason driving off</p>	<p><i>"You'd be surprised at how many people have something brand new or acute, like an operation in their recent past, and have almost no details about who, what or why they had their procedure." :07</i></p> <p>LASTLY, IF YOU'RE GOING OUT OF THE COUNTRY BUY TRAVELERS INSURANCE - MEDICARE AND SOME PRIVATE PLANS ARE NO GOOD OUTSIDE THE U.S. IT'S BEST TO BE PREPARED, BECAUSE NO MATTER WHERE YOU'RE HEADED, WHEN IT COMES TO YOUR HEALTH, YOUR TRIP CAN QUICKLY GO SOUTH. AT ORLANDO HEALTH, THIS IS CLARK POWELL REPORTING. :15</p>
<p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<hr/> <p>A COUPLE OF MORE TIPS FROM DOCTOR CORBETT - ALWAYS PUT YOUR MEDICINE IN A CARRY ON BAG IN CASE YOUR LUGGAGE GETS LOST, AND ALWAYS PACE YOURSELF. MANY TRIPS TO THE E-R COME FROM OVERDOING IT - BY STAYING IN THE SUN TOO LONG, DRINKING TOO MUCH OR EATING TOO MANY NEW FOODS.</p>

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Survey finds 1 in 4 vacations include a trip to the ER. Experts @orlandohealth offer tips for safe travel. bit.ly/2eDfCd9</p> <hr/> <p>If you've ever spent part of your vacation in the hospital,</p>
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you're not alone. A new national survey by [Orlando Health](#) finds 1 in 4 vacations include a visit to the ER. But there are steps you can take to make the most of your travels. Details here: bit.ly/2eDfCd9

EXTRA BITES

CG: Steven Corbett, MD
Orlando Health

Dr. Corbett talks about people who go on vacation sick:
"I've just seen this recently in the last couple of days is someone who is quite ill before they left and then came and, of course, became more ill as they got here. So, their plans immediately got interrupted." :10

Dr. Corbett talks about storing health info on your phone:
"Bring it with them. Maybe an electrocardiogram that may show an abnormality that is their chronic condition, or their list of their chronic medications, certainly is always valuable." :10

Dr. Corbett talks about the importance of speaking up:
"If you have a symptom that's worse, speak up! Make sure that your family and the people you're traveling with know about it. Let them help you to make a good decision." :07

Dr. Corbett talks about buying travel insurance :
"It's essential because Medicare doesn't cover medical illnesses outside of the United States. And so I think many seniors perhaps make that mistake." :07

Jason talks about his symptoms:
"It was just dizziness, yeah it was dizziness and I had like a deaf sounding in my ear." :03

CG: Jason Ziegler
Went to the ER on vacation

Jason talks about his ER experience on vacation:
"It was horrible. We did nothing. I mean, it's Vegas and we did nothing. We just sat around all night, we were home by 9 o'clock." :08

Jason talks about his treatment:
"Surgery. So they end up going in there and they take some cartilage from your ear and put it on top of the eardrum." :07

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