

STUDYING ABROAD? STAY HEALTHY!

Helpful Health Hints for Students Who Will Be Studying Abroad

*University Health Services wishes you great success and an enjoyable experience in your studies abroad.
Use the following checklist as general guidelines to help you maintain good health habits while away.*

Before you go...

- If a travel consultation is required or recommended make an appointment at UHS Travel Care Clinic (643-7177) at least 3-6 months before your departure date to assure sufficient time to get new and updated immunizations and TB testing done. You should be aware that failure to get the necessary documentation may result in your trip being cancelled. If you are unsure if your routine immunizations are up to date, schedule an immunization review appointment.
- Anyone with a chronic condition (e.g. asthma, depression, anxiety) should have an evaluation with their health care provider.*
- Consider having a STI check-up if indicated.
- If you wear glasses or contact lenses, you should have had an eye exam within the past year.
- Make sure you've had a dental exam and teeth cleaning within 6-12 months.
- Medic-Alert bracelets are recommended for chronic conditions and serious allergies to medications or foods. You can pick up an application in Allergy/Travel Clinic.
- If you have health insurance, check with your health insurance company about how to handle medical needs abroad. UC EAP students should refer to the EAP insurance policy brochure provided by UCEAP for more information.

What to take with you . . .

Documents

- A letter from your clinician stating the need for your medications. This may be optional depending on your destination. Check with the embassy of the country or countries you will be traveling to.
- International Certificate of Vaccination if indicated or an up to date copy of your immunization record.
- Health Insurance forms in case you need them. Fill out whatever information you can in advance.
- Copy of contact lens and/or glasses prescription.
- Copies of passport, birth certificate, other identification and important phone numbers (family, insurance, embassy, etc.) in case of losses. Copies of passport and ID should also be available at home for faxing, if needed.
- If you attended a travel consultation, bring your travel packet.
 - Register with the State Department so you can be contacted in case of an emergency at home or a crisis in your host country: <https://step.state.gov/step/>

Medical items

- Written prescriptions for medications. Check with the embassy of the country or countries you will be traveling to for information on what medications, both prescription and nonprescription, are legal to bring into the country and restrictions on amounts allowed as well as mailing restrictions. The US Embassy may also have information for visitors. Essential medication should be transported in carryon luggage.
- Keep prescription medication in original packages. Bring a sufficient supply. Drugs purchased abroad, particularly in Africa and Asia may not have the same potency or purity as those from home. In some cases drugs of the same name are a different medication.
- Persons using certain types of contraception should take a supply to last the duration of the trip.
- Over-the-counter medication* such as: pain relievers/fever reducers - ibuprofen (e.g., Advil), acetaminophen (e.g., Tylenol); diarrhea medicine (e.g., Pepto-Bismol, Imodium); decongestants, vitamins, etc. may or may not be available in the countries you plan to visit.. Cold medications may be subject to restrictions in certain countries.
- Safer sex supplies, such as condoms, foam, lubricants, latex squares.

Some Things Every Student Should Know About Substance Use Abroad

1. If you decide to drink while abroad, remember to set limits and use good judgment.
2. Don't use illegal drugs, it's against the EAP policy. It could result in some very serious legal trouble.
3. Research the laws and customs of your host country prior to departure.
4. Know where you are going and who you are with at all times...use the Buddy System!
5. If you are living with a host family, be respectful. Don't come home drunk and with a guest, unless you have permission. (Also, against EAP policy).
6. If you are inebriated, you are leaving yourself vulnerable to being taken advantage of. Many theft and assault victims are targeted when making their way home from a late night out after drinking or recreational drug use.
7. If you are caught with illegal drugs in a foreign country, you are subject to the drug laws of that country. They may or may not provide a jury trial or lawyer.
8. Public drunkenness is frowned upon in many countries and is an offense that may lead to jail.
9. If you think it may be helpful, before you depart, schedule a session with a health coach to discuss risk reduction while abroad.

You are excited to go abroad... make the most of your time abroad, try not to let alcohol or drugs use interfere with taking advantage of all the opportunities offered to you!

Useful websites...

Information from the Department of State specifically for students studying abroad:

<https://travel.state.gov/content/studentsabroad/en.html>

Available emergency contraception, listed by country: <http://ec.princeton.edu/worldwide/>

CDC information for travel abroad: <https://wwwnc.cdc.gov/travel>

Remember . . .

- Have repeat TB testing done about three months after you return, if you have traveled in an area with high rates of TB; see eTang for TB testing*
- If you have been at risk for STI exposure, have chlamydia, gonorrhea, syphilis and HIV testing when you return – see eTang for testing without an appointment*
- AIDS & other STDs are worldwide problems. Other than abstinence, condoms are the best protection.*
- Keep in mind that standards of health care and patient-client relationships will be different in your host country. Be respectful of the differences.*

Have a great trip!