

THE HEALTHWISE INTERNATIONAL TRAVELER

Preparing for Travel: All current UWGB students have the option of working with an RN in Counseling and Health to review tips for healthy traveling by calling 465-2380 to make an appointment.

2-3 Months Before Departure

- ☐ **Determine your vaccination needs.**
 - **Make an appointment with a Registered Nurse at UWGB Counseling and Health Center** or contact your primary health provider for assistance in determining your vaccination needs. If your immunizations are not currently on file, please bring a copy to your appointment.
 - **Go to www.cdc.gov for recommendations for your region of travel.**
- ☐ If you have an existing medical condition, allergies to medication or take prescription medication:
 - Ask your physician if there are any special precautions you may need to take and to prepare a summary of your medical condition which includes any prescription orders (using generic names) that you can take with you in the event you need medical care. You may need to make an appointment if you haven't been seen in over a year.
 - Check to see that any emergency medications you have are not expired i.e. Epi-Pen, inhaler, glucagon. Renew your script if necessary.
 - Obtain the generic name of all medication you are allergic to.
 - Get a Medic Alert necklace or bracelet. These can be obtained through the Medic Alert Foundation, Box 1009, Turlock, CA 95381-1009; telephone 1-800-344-3226. These emblems are recognized internationally.
- ☐ See your eye doctor and obtain a copy of the lens prescription
- ☐ Schedule an appointment for dental check-up.

1 month Before Departure

- ☐ **OBTAIN NEEDED IMMUNIZATIONS IF YOU HAVEN'T ALREADY DONE SO.**
- ☐ Obtain the contact information and directions for the American Embassy and the largest medical facility for the region you will be staying at.
- ☐ Prepare a traveler's First Aid Kit containing:
 - Hand sanitizer / towelettes / soap
 - Disinfectant (i.e., hydrogen peroxide, Bactine, alcohol wipes)
 - Scissors
 - Tweezers
 - Band-aids/gauze with tape
 - Instant cold pack

- Thermometer
- Small flashlight
- Sunscreen
- Insect repellent containing DEET
- Topical antibiotic ointment
- Emergency blanket
- Over-the Counter Medication (i.e. for menstrual cramps, allergies, colds, fever, hemorrhoids, constipation, diarrhea, athlete's foot, motion sickness)

Health Insurance

- ☐ Most foreign medical providers may not accept payment through a U.S. insurance company. Therefore, be prepared to pay cash or use a credit card. You can submit your receipt to your insurance company for possible reimbursement.
- ☐ Check your health insurance plan to determine what provisions there are for payment of health care received while traveling. It may be helpful to take several claim forms with you and when necessary have medical personnel fill out the insurance forms in legible English.
- ☐ Take a copy of your health insurance card.
- ☐ Review health insurance information from the Office of International Education

If you have dependent children that will be staying behind

- ☐ Prepare health, emergency contact information and health insurance information for each child to give to the person(s) providing care.
- ☐ Provide medical consent forms for each dependent.
- ☐ File a signed emergency treatment form with your hospital.

1-2 days Before Departure

- ☐ Pack for your trip according to TSA guidelines (www.tsa.gov). Include the following items:
Keep the following in your CARRY-ON LUGGAGE
 - ☐ Over-the Counter Medication in original containers
 - ☐ Anti-Malarial Medication in original container
 - ☐ Prescription Medication(s) in original containers with a copy of your orders
 - ☐ Needles/syringes for injectable prescription medications
 - ☐ Emergency Medications (Epi-Pen, Inhaler, Glucagon, Etc.)
 - ☐ Extra pair eyeglasses and or contact lens supplies and a copy of your prescription
 - ☐ Your health insurance card.

For Protection from the sun:

- ☐ Sunscreen and lip balm with SPF 15 or greater
- ☐ A hat
- ☐ Sunglasses that block at least 99 percent of UVB rays and at least 95 percent of UVA rays

For Protection from insect dangers:

- ☐ Insect repellent containing DEET
- ☐ Insecticide to use indoors
- ☐ Lightweight long pants and long-sleeved shirts, boots, long socks
- ☐ Bed nets, mosquito nets
- ☐ Permethrin containing repellents

- ☐ Anti-Malarial Medication (if applicable)

For Protection from Sexually Transmitted Infection / HIV:

If you choose to be sexually active:

- ☐ Condoms (review expiration date and additional information on package)
- ☐ Lubricant
- ☐ Dental dams

During Your Travels

The following advice is pertinent to **all travelers** no matter where their destination.

- ☒ Wash your hands often with soap and water.
- ☒ Use sunscreen and lip balm with SPF 15 or greater, wear a hat to protect your face, and avoid sun when it's strongest, usually 10 a.m. to 2 p.m. Choose sunglasses that block at least 99 percent of UVB rays and at least 95 percent of UVA rays.
- ☒ Drive defensively, avoid travel at night if possible and always use seat belts. *Motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively.*
- ☒ Don't eat or drink dairy products unless you know they have been pasteurized.
- ☒ Consider choosing bottled beverages as they are likely safest.
- ☒ Never eat undercooked ground beef and poultry, raw eggs, and unpasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.
- ☒ Maintain extra precaution with buffets, salad bars and outside vendors.
- ☒ Avoid all direct contact with poultry, including touching well-appearing, sick or dead chickens and ducks. Avoid places such as poultry farms and bird markets where live poultry are raised or kept. Also avoid handling surfaces contaminated with poultry feces or secretions.
- ☒ Avoid contact with all animals including freely roaming cats and dogs.
- ☒ **Refer to food and water precautions applicable to your Region of travel.**
 - ➔ Go to www.cdc.gov for recommendations for your region of travel.
- ☒ Apply repellants containing less than or equal to 50% DEET to clothing and skin.
- ☒ Wear long-sleeved shirts, long pants and hats to minimize areas of exposed skin. Tuck in shirts and tuck pants into socks and boots for further protection when at increased risk.
- ☒ **Refer to insect precautions applicable to your Region of travel.**
 - ➔ Go to www.cdc.gov for recommendations for your region of travel.
- ☒ If you are sexually active, always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- ☒ Avoid receiving any injections overseas. If an injection is necessary, insist all needles, syringes, and IVs, etc., are single use and prepackaged.
- ☒ Don't share needles with anyone.
- ☒ Avoid blood or blood product transfusions unless you are in dire need of blood.
- ☒ If you are in unfamiliar company, be cautious about leaving your drink unattended or accepting an opened beverage from a stranger.

Altitude Sickness (if traveling to areas of higher altitude)

- ☒ Ascend gradually if possible. Try not to go from low altitude to >9,000 feet (2,750m) sleeping altitude in one day

- ☑ If abrupt acclimatization is unavoidable, you may want to discuss a prescription for prophylaxis medication with your doctor: Acetazolamide (Diamox) 125-250 mg twice daily, beginning 24-48 hours before ascent and continuing for at least 48 hours after ascent or while at high altitude, or start when symptoms start and treat for 2-4 days at altitude. Caution with allergies to sulfa and penicillin.
- ☑ Avoid alcohol for the first 48 hours
- ☑ Participate in only mild exercise for the first 48 hours
- ☑ Report symptoms of acute mountain sickness to your leader or fellow travelers: headache, nausea, fatigue, insomnia. Descend to a lower altitude and seek medical attention. Untreated altitude sickness can be fatal.
- ☑ Treat an altitude headache with simple analgesics (acetaminophen, ibuprofen, other)

After Your Trip

- ✚ Monitor your health.
 - 🗣 If you become ill with fever and develop a cough or difficulty breathing or if you develop any illness during this 10-day period, consult a health-care provider. When visiting the health care setting, tell the provider where you have traveled, what you did, how long you stayed, what you ate and drank and if you recall being bitten by insects.



Now that you're prepared, have a great time!