Travel Tips

Before You Leave

- 1) Make an appointment at a travel clinic 6-10 weeks before you depart
 - a) Vaccinations & prescriptions
 - b) If getting a Malaria prophylaxis don't take Mefloquine if you have past or present psychiatric disorders- choose something else. Doxycycline is usually cheapest.
- 2) Embassy Registration
- 3) Health Insurance
- 4) Leave important info with someone you trust

Suggested Meds to Bring With You

- Cipro, for unforeseen infections such as sinus, UTI, etc.
- Pain relievers
- Anti-diarrheal
- Multivitamin
- A general first aid kit: Neosporin, band aids, gauze, disinfectant
- Yeast infection medication no less than 3 days
- Emergency contraceptive (you do not want to have to scramble for it)

Resources

- Travel health and safety information from the State Department: http://travel.state.gov/travel/
 - Or dial (888) 407-4747 from within the U.S., or, from overseas, (202) 501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).
- Embassy Registration: https://travelregistration.state.gov
- The Mayo Clinic has clear, reliable health information: http://www.mayoclinic.com
- CDC: http://wwwnc.cdc.gov/travel/ 1-877-FYI-TRIP (877-394-8747)
- A network for global travel safety: www.globalsafehaven.org
- Study Abroad information and resources: www.studyabroad.com
- International Student Identity Card (for travel discounts): www.myisic.com
- International SOS Service: http://www.internationalsos.com/en/
- The Association for Safe International Road Travel: www.asirt.org
- NYC DOH <u>FREE</u> immunization clinics: call (212) 676-2259 for info on all sites
 - Offers free: Polio, Hepatitis A, Hepatitis B, MMR, Tdap, Pneumococcal, Meningitis, Influenza, H1N1 (some depend on age)
 - Chelsea Clinic: 303 9th Ave. b/w 27th & 28th M, Tu, Th, F 8:30 2:30

Updated: May 2011

^{*} For specific questions regarding an emergency involving an American citizen overseas, contact the Office of Overseas Citizens Services at (202) 647-5225.