

TRAVEL TIPS

Before You Leave

- 1) Make an appointment at a travel clinic six to ten weeks before you depart
 - a) Vaccinations and 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 Medications 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 three days)
- Emergency contraceptive

Resources

- Travel health and safety information from the State Department: travel.state.gov/travel
 - o 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: travelregistration.state.gov
- The Mayo Clinic has clear, reliable health information: www.mayoclinic.com
- CDC: <http://wwwnc.cdc.gov/travel> or 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: www.internationalsos.com/en
- The Association for Safe International Road Travel: www.asirt.org
- NYC DOH **FREE** immunization clinics: call 212.676.2259 for info on all sites
 - o Offers free: Polio, Hepatitis A, Hepatitis B, MMR, Tdap, Pneumococcal, Meningitis, Influenza, H1N1 (some depend on age)
 - o Chelsea Clinic: 303 9th Ave. (between 27th and 28th Streets) Monday, Tuesday, Thursday, and Friday, 8:30 a.m.–2:30 p.m.

*** For specific questions regarding an emergency involving an American citizen overseas, contact the Office of Overseas Citizens Services at 202.647.5225.**