

TIPS FOR HEALTH AND SAFETY WHILE TRAVELING ABROAD**Country-specific Information on Vaccines and Prescriptions**

Below are the suggested vaccines and prescriptions for relevant countries of travel. Be apprised that some vaccines are only necessary for those traveling to rural areas; if you are unsure about your travel plans, get them all. Better safe than sorry.

There are multiple options for anti-malarial medications. Medical Services suggests Malarone if your insurance will cover it or if you can afford it. Lariam can have very adverse side effects including hallucinations, lucid dreaming, and depression.

Country	Vaccines Suggested/ Required	Rx to take
Argentina (Buenos Aires)	Yellow fever Hepatitis Series Typhoid Rabies	Anti-malarial (if traveling in rural areas)
Hong Kong	Hepatitis Series Typhoid Japanese Encephalitis (rural areas)	
Kenya	Yellow Fever Hepatitis Series Typhoid Meningitis Rabies Polio	Anti-malarial
China (Kunming)	Hepatitis Series Typhoid Rabies Japanese Encephalitis	Anti-malarial (if traveling in rural areas)
India (Mumbai, Calicut)	Yellow Fever (Rural areas) Hepatitis Series Typhoid Polio Japanese Encephalitis Rabies	Anti-malarial
Brazil (Rio de Janeiro)	Yellow Fever Hepatitis Series Typhoid Rabies	Anti-malarial
Ethiopia	Yellow Fever Hepatitis Series Typhoid Meningitis Polio Rabies	Anti-malarial
Jordan	Hepatitis Series Typhoid Polio Rabies	Anti-malarial

Country	Vaccines Suggested/ Required	Rx to take
Somalia	Yellow Fever Hepatitis Series Typhoid Rabies Polio	Anti-Malarial
Liberia	Yellow Fever Hepatitis Series Typhoid Polio Rabies	Anti-Malaria
Guatemala	Hepatitis Series Typhoid Rabies	Anti-Malarial
Kosovo	Hepatitis Series Typhoid Polio Rabies	

Rx and over the counter medications

These vary based on where you are traveling and access to health care resources:

- Cipro, for unforeseen infections such as sinus, UTI, etc.
- Yeast infections medication
- Emergency contraceptive
- Pain relievers
- A multivitamin
- A general first aid kit: Neosporin, band-aides, gauze, disinfectant

Before you leave

1. Make an appointment at a travel clinic 6-10 weeks before you depart
 - a. Some vaccinations must be received well in advance of your trip
 - b. Make sure all Rx are up to date and pre-filled
 - i. You may need to have your insurance authorize pre-filling of certain Rx
 - c. Obtain and take with you all records of past immunizations
2. Embassy Registration
 - a. It is a good idea to register with the local US embassy where ever you plan to travel
 - i. They will keep you up to date on travel warnings and you can register emergency contact information
3. Health Insurance
 - a. Call your insurance provider to make sure you are covered overseas
 - b. It is a good idea to obtain evacuation insurance when traveling to certain countries
4. Important Info to leave with someone you love
 - a. Details of your insurance information, credit cards, passport (copies!)
 - b. Contact information abroad: yours, your school's or organization's
 - c. All of your itinerary information and changes as applicable

Auto Safety while Traveling Abroad

Many countries do not have the same safety regulations for road travel that we do in the U.S. In fact, 85% of the world's auto/traffic accidents deaths are in Africa, Latin America, and Asia. Below are some tips for staying safe on the road:

- Always wear a seat belt, and insist on one being provided.
- Try to travel in daylight when at all possible.
- Understand local norms in terms of road safety.
- If you feel like the driver is being unsafe ask them to stop and get out.
- DO NOT ride in open truck beds, on top of buses, or in over-crowded vehicles. While in many countries this is the norm, it still isn't safe.
- Spring for the safe travel option even if it a little more costly.

Traveling in Conflict, Post-conflict, and Unstable Regions:

1. It is important to be honest with family and friends about the conditions you will be living in. Create a plan for keeping them informed about your well being.
2. Leave pertinent information with a reliable friend or loved one. Someone at home should know your credit card and bank account details, passport information, and your medical information.
3. Register with the local embassy and keep abreast of changing travel alerts and advisories. Tune into local news.
4. Know your other safety nets. Keep in touch with Peace Corps workers and other expatriots. People working for US-based Aid organizations are the first to know and be evacuated in a crisis. If the Peace Corps is pulled, leave immediately.
5. Heed the advice of locals. They know what they are talking about.
6. Do not assume that your status as an American citizen will protect you in any instance.
7. Keep multiple copies of passports, plane tickets, health insurance information, itineraries, and traveler checks in multiple locations.

Websites

A network for global travel safety: www.globalsafehaven.org

Travel health and safety information from the State Department: travel.state.gov

Embassy registration: travelregistration.state.gov

Study abroad information and resources: www.studyabroad.com

International student identity card: www.myisic.com

International SOS Service: www.intsos.com

Association for Safe International Road Travel: www.asirt.org

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