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 Malerone if your insurance will cover it or if you can afford it. Larium can have very adverse side effects including hallucinations, lucid dreaming, and depression.

<table>
<thead>
<tr>
<th>Country</th>
<th>Vaccines Suggested/Required</th>
<th>Rx to take</th>
</tr>
</thead>
<tbody>
<tr>
<td>Argentina (Buenos Aires)</td>
<td>Yellow fever, Hepatitis Series, Typhoid, Rabies</td>
<td>Anti-malarial (if traveling in rural areas)</td>
</tr>
<tr>
<td>Hong Kong</td>
<td>Hepatitis Series, Typhoid, Japanese Encephalitis (rural areas)</td>
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<tr>
<td>Kenya</td>
<td>Yellow Fever, Hepatitis Series, Typhoid, Meningitis, Rabies, Polio</td>
<td>Anti-malarial</td>
</tr>
<tr>
<td>China (Kunming)</td>
<td>Hepatitis Series, Typhoid, Rabies, Japanese Encephalitis</td>
<td>Anti-malarial (if traveling in rural areas)</td>
</tr>
<tr>
<td>India (Mumbai, Calicut)</td>
<td>Yellow Fever (Rural areas), Hepatitis Series, Typhoid, Polio, Japanese Encephalitis, Rabies</td>
<td>Anti-malarial</td>
</tr>
<tr>
<td>Brazil (Rio de Janeiro)</td>
<td>Yellow Fever, Hepatitis Series, Typhoid, Rabies</td>
<td>Anti-malarial</td>
</tr>
<tr>
<td>Ethiopia</td>
<td>Yellow Fever, Hepatitis Series, Typhoid, Meningitis, Polio, Rabies</td>
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<tr>
<td>Jordan</td>
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<td>Somalia</td>
<td>Yellow Fever, Hepatitis Series, Typhoid, Rabies, Polio</td>
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<td>Liberia</td>
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</tr>
<tr>
<td>Guatemala</td>
<td>Hepatitis Series, Typhoid, Rabies</td>
<td>Anti-Malarial</td>
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<tr>
<td>Kosovo</td>
<td>Hepatitis Series, Typhoid, Polio, Rabies</td>
<td></td>
</tr>
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</table>

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 relieves
- 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 he 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 Aide 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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