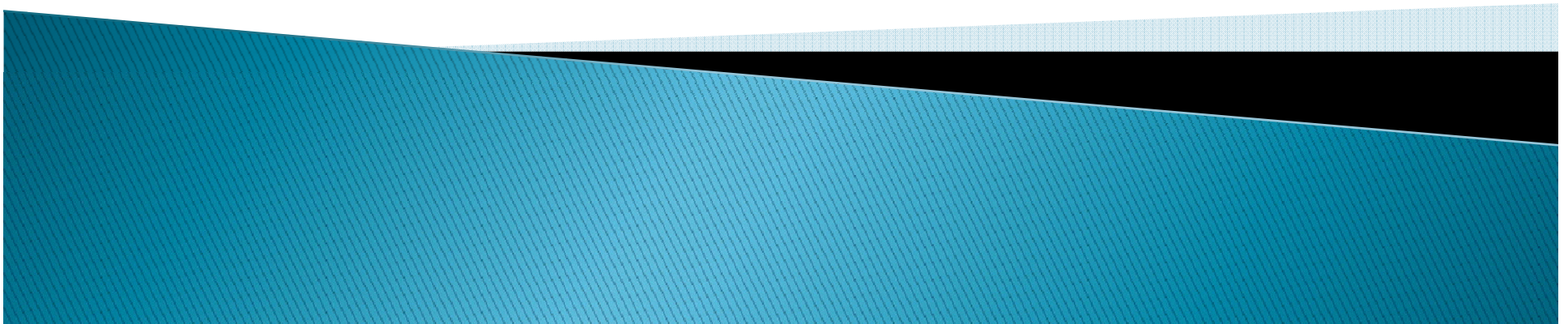


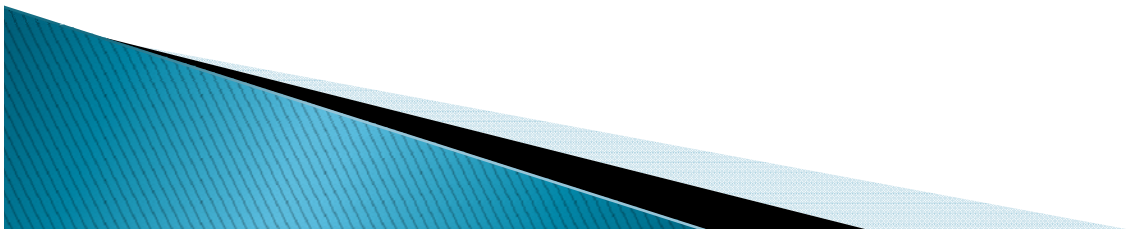
Study Abroad Health & Safety Information

**Theresa Doyle
Lafene Health Center**



Web Resources

- ▶ **CDC – Centers for Disease Control and Prevention**
 - www.cdc.gov
 - Vaccine requirements and recommendations
 - Outbreaks and health concerns
- ▶ **U.S. Department of State**
 - www.state.gov
 - Travel documents (passports, visas)
 - Emergency contact information
 - Travel advisories



Lafene Health Center Travel Clinic

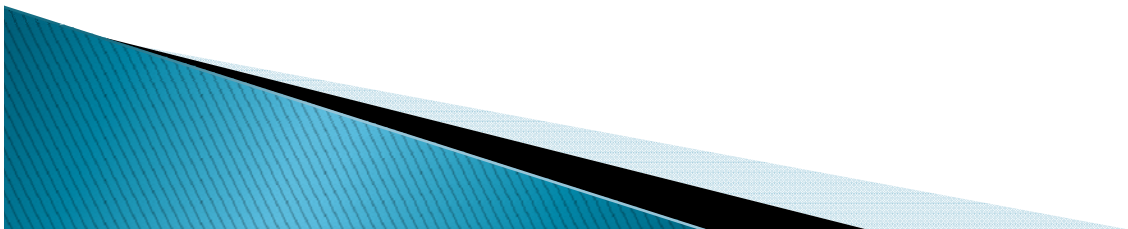
- ▶ **FREE consultation**
- ▶ **Call 785-532-6544 to schedule an appointment**
- ▶ **Monday - Friday**
- ▶ **8:30am - 11:30am and 1:00pm - 4:30pm**
- ▶ **Discuss health and safety concerns**
- ▶ **Travax report**
 - **Information compiled from the CDC, U.S. State Department, and World Health Organization**
 - **Nurse goes over report with student and answers questions**
- ▶ **Make sure your immunizations are current**
- ▶ **Get recommended vaccines (charges apply)**



Lafene Health Center Travel Clinic

▶ Charges for:

- Vaccines received
- Prophylactic medication (anti-Malarial)
- Other medications (anti-diarrheal)
- Health Certification Form
 - Certificate of good health exam
 - Most students have this exam.
 - The prices are way cheaper than community rates!
 - Full physical exam
- ▶ Health insurance may cover these expenses



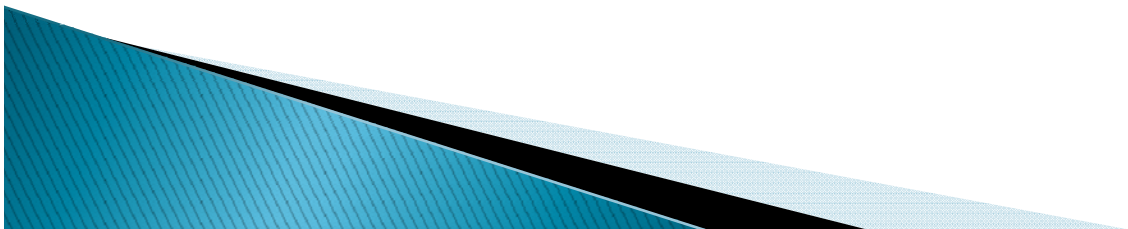
Lafene Health Center Travel Clinic

- ▶ **Make your appointment ASAP, some vaccines need weeks/months to be completed!**
- ▶ **What to bring to your Travel Clinic appointment:**
 - Immunization record
 - Traveler's Clinic Questionnaire (fill out BEFORE appointment)
 - Can print off questionnaire at:
www.k-state.edu/lafene/travelinfo.pdf
 - Health and safety questions or concerns you have



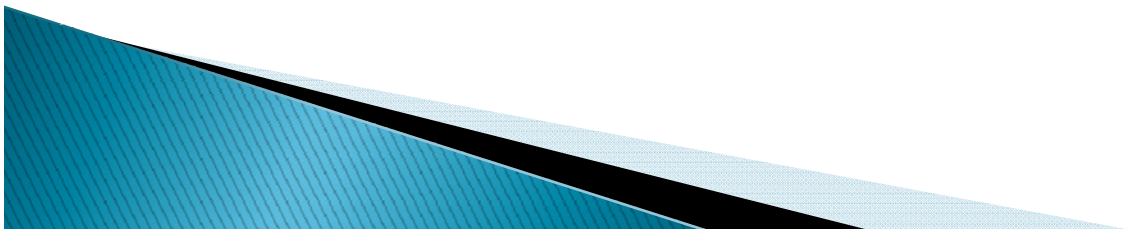
Immunizations

- ▶ **Your immunization records**
 - **Are your shots current?**
 - **Do you need any boosters?**
 - **Do you know where your shot record is?**
- ▶ **Travel immunizations**
 - **These requirements and recommendations are country specific.**
 - **If the CDC indicates a vaccine is recommended, then get it!**



Immunizations at Lafene

Yellow fever	MMR (measles, mumps, rubella)
Typhoid (oral or injectable)	Rabies
Hepatitis A (2 injections)	Japanese Encephalitis
Hepatitis B (3 injections)	Meningococcal (meningitis)
Polio	Varicella (chickenpox)
Malaria	Influenza (seasonal)
Td/Tdap (Tetanus, Diphtheria, Pertussis)	



Health Insurance

- ▶ You are required to have health insurance that covers emergencies while abroad.
 - Make sure you have what's needed for your program.
 - K-State study abroad insurance.
- ▶ What does current policy cover outside the U.S.?
- ▶ Does your policy cover repatriation?



HOSPITAL ADMISSIONS REQUIRE PRIOR APPROVAL

JOHN SMITH
ABC888888888 88

GROUP: 123456789

BCBSAZ RX 1-800-228-1436

BC PLAN: 240 BS PLAN: 740

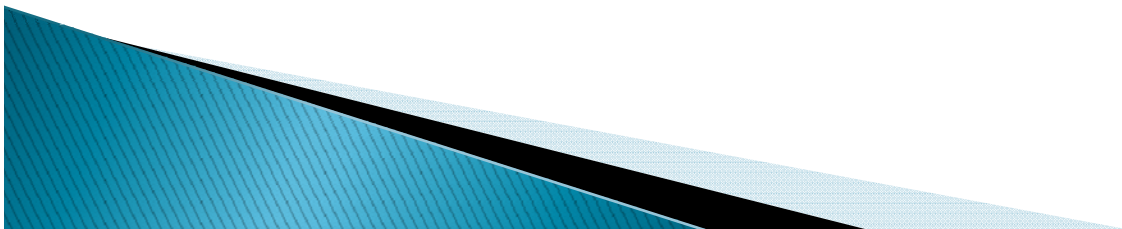
CUST SERV: 888-888-8888 / 800-555-5555

75.00 EMER ROOM
25.00 OFFICE VISIT

Preferred-Care

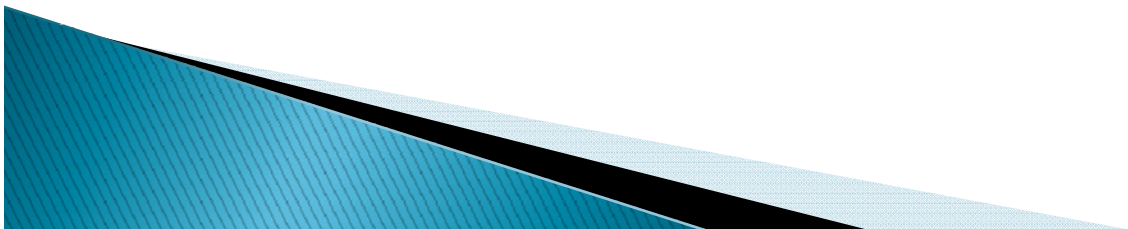
Health Conditions

- ▶ **Asthma (inhaler, nebulizer, etc.)**
- ▶ **Diabetes (meter, test strips, etc.)**
- ▶ **Allergies (prescriptions & OTC meds if necessary)**
- ▶ **If you have a chronic health condition, talk to your doctor about precautions to take while abroad!**
- ▶ **Weather conditions or air quality may affect health conditions you may already have.**



Prescription Medications

- ▶ **Make sure you have enough refills of your current prescriptions for the duration of your trip.**
- ▶ **Medication and dosage strength is monitored by the U.S. FDA (Food and Drug Administration) in the U.S. only.**
- ▶ **Some countries may not regulate medications as closely.**
- ▶ **Some medications are legal where you are going and illegal in the states. (Don't bring them back with you!)**



Over-the-counter Medications

- ▶ Pack enough over-the-counter meds to last the duration of your trip.
- ▶ Pack important meds & OTCs in your carry-on.
- ▶ Examples of OTC meds to pack:
 - Anti-diarrheal
 - Bandages, antibiotic cream
 - Thermometer
 - Pain reliever/fever reducer
 - Cough and cold meds
 - Multivitamins
 - Hand sanitizer!



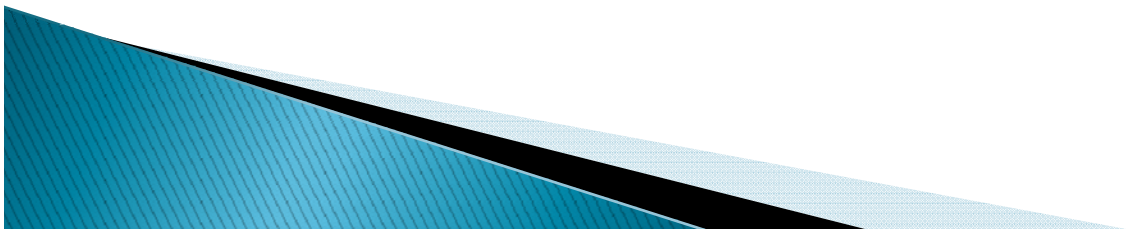
Water Safety

- ▶ **Inform yourself about the country you're traveling to!**
- ▶ **If it's similar to the U.S. you may not have any issues with the water/food.**
- ▶ **Safer to consume only water from bottles with a plastic seal.**
- ▶ **Water purification tablets.**
- ▶ **Don't forget that ice is water!**



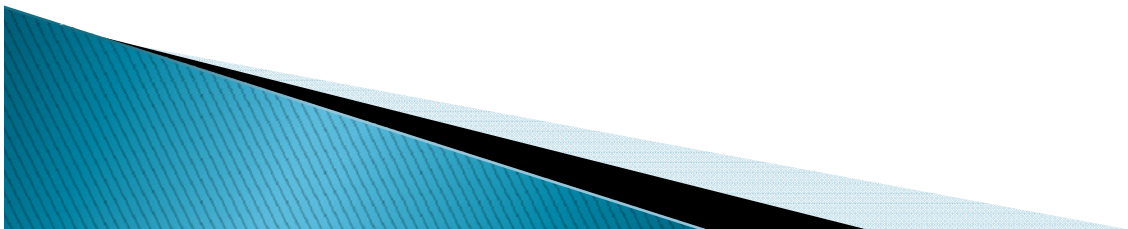
Food Safety

- ▶ **Wash hands before eating or preparing food.**
- ▶ **Know where your food is coming from.**
 - **Street vendor**
 - **Restaurant**
 - **Host family**
- ▶ **Be certain all food is thoroughly cooked and hot!**
- ▶ **Eat hot food while it is still hot.**
- ▶ **Eat fresh fruits that you can peel, without possible contamination.**



Sexual Activity

- ▶ **Protection (condoms &/or birth control available?)**
 - **Condoms available at Lafene's pharmacy**
- ▶ **Plan B (emergency contraception, aka morning after pill) available at Lafene without a prescription**
 - **Use for condom breakage, unplanned sex or assault**
 - **Plan B available at Lafene's pharmacy**



Feminine Hygiene Products



- ▶ **Tampons, pads, etc.**
 - **Are you adventurous?**
 - **Will you use the products available in the country you're traveling to?**
- ▶ **If you're taking your own supply, pack them in water proof bags! (Ziploc)**
- ▶ **If there are any other personal products you can't live without, take them. They may not be available where you're going.**



Contacts and Eye Glasses

- ▶ **Bring enough contacts for the duration of your trip.**
- ▶ **Cleansing solution too!**
- ▶ **Bring a back-up pair of glasses.**
- ▶ **Sunglasses**



Sun Safety

- ▶ **Clothing to help reduce exposure:**
 - Long sleeves
 - Light weight/color
 - Brimmed hat
- ▶ **SUNSCREEN!**
- ▶ **Sunglasses**



Beach Safety

- ▶ **Flip flops! Wear them! Bare footing is not recommended.**
- ▶ **Swimming precautions?**
 - **Is the water considered a health hazard due to pollution?**
 - **Undertow and currents?**
 - **Sea life and bites/stings?**
 - **Can you swim? Swim where the beaches have life guards for maximum safety.**



Lodging & Safety

▶ Sleep conditions

- Are there special needs, such as netting around bed?
- Is there a particular risk for insect borne disease such as Malaria?

▶ Hostels

- Be careful!
- Travel in a group.

▶ Host family home

▶ Residence halls



Points to Remember

- ▶ **Whenever you travel, you need to protect yourself by planning ahead and being prepared.**
- ▶ **Use Lafene's Travel Clinic!**
- ▶ **HAVE FUN!! 😊**
- ▶ **Send your questions to healthy@ksu.edu**

