ATTENTION LSSU STUDENT TRAVELERS

IMPORTANT SAFETY & HEALTH INFORMATION

www.lssu.edu/STUDYABROAD
RESEARCH before you go!

Look up the country you are traveling to:

• Find the 911 number for your country under Emergency tab.  
  **Exp: Scotland & UK are 112 or 999**

• Travel alerts
• Travel warnings
• U.S. Embassy locations
• Visa info
• Crime & security info
• Health & medical considerations
• Drug penalties
• Localized hot spots

[http://www.travel.state.gov](http://www.travel.state.gov)
Go to www.travel.state.gov
Enroll in STEP Program

www.travel.state.gov

STUDENTS ABROAD

UPDATE IF YOUR PLANS CHANGE!

What is STEP?

The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

Benefits of Enrolling in STEP

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
Health Insurance is REQUIRED!
Food & Related Issues

Remember:

- It takes time to adjust to new food/diet
- Use your head, so you’re not sick in bed:
  - Boil it, cook it, peel it, or forget it.
- Traveler’s Diarrhea
  - Re-hydrate with water, fluids
  - Avoid milk products
  - A little Imodium D goes a long way
- Bloody Stools – seek help!
Check out www.cdc.gov

Preventing Teen Pregnancy:
A key role for health care providers

More than 4 in 5 (86%) teens used birth control the last time they had sex. Less than 5% of teens on birth control used the most effective types.

EBOLA UPDATE!
Prescription Drugs

• **Medications**
  • Pack and take enough of all medications for the duration of your travel
  • Bring prescription with you!

• **Remember the 4 L’s**
  ◦ **Labels**
    ◦ Keep all original medication labels, packaging
  ◦ **Letter**
    ◦ Bring a letter from doctor, or healthcare provider, for prescribed medications
  ◦ **Legal**
    ◦ Make sure medications are “legal” in your destination
      • If not, are generic or alternative forms available?
  ◦ **Luggage**
    ◦ Store medications in carry-on luggage
Glasses and Contact Lenses

• Take along extras!
  – Glasses, contacts and cleaning supplies
• Bring a copy of your eye care prescription

Regardless of the circumstances:

• **DO NOT** TAKE PRESCRIPTION MEDICATIONS THAT WERE NOT PRESCRIBED TO YOU.

• You do **NOT** know how medications will affect you.
Health Review!

• Schedule a medical and dental check-up
• Get your shots
• Copy your health records and immunizations
• Check the CDC website
• Fill your med prescriptions & have enough for the trip
• Use common sense
• Be safe and healthy!
Packing TIPS

• Pack **less**
  – General rule is to remove 1/3 of what you think you need
• Be sure you can handle **all** your luggage by yourself
  – Typically 2 suitcases maximum
  – Check weight limits with airline
• Avoid **over-stuffing**
• **Label** everything!
  – Suitcase, backpack, laptop, etc.
• Use **TSA-approved** locks
Packing TIPS

- Pack like a pro
  - [http://www.youtube.com/watch?v=L5UlxiHsgD58](http://www.youtube.com/watch?v=L5UlxiHsgD58)
  - Roll clothes instead of folding
  - Place books, cameras and important items in the middle for better protection
  - Bring plastic bags to hold wet items, shoes, etc.
  - Pack footwear on top of other items in your suitcase
  - Stuff your shoes with socks and undies
KEEP CALM AND SAFE TRAVELS