

ATTENTION LSSU STUDENT TRAVELERS

IMPORTANT SAFETY & HEALTH INFORMATION





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



Go to www.travel.state.gov





Enroll in STEP Program





www.travel.state.gov

STUDENTS ABROAD

Sign In or Create Account Username

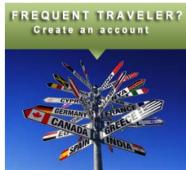
Password

>>

Forgot Username or Password?







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.

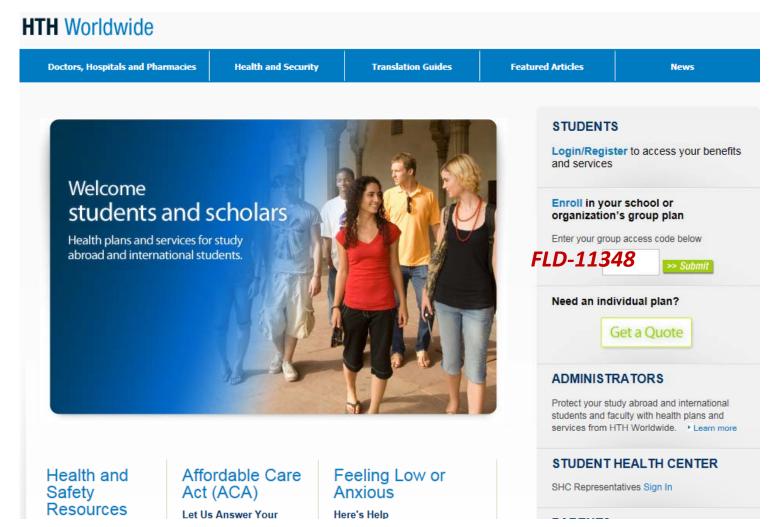
Benefits of Enrolling in STEP

- 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



SEARCH

CDC A-Z INDEX

Diseases & Conditions *

Healthy Living ▼

Travelers' Health ▼

Emergency Preparedness *

More CDC Topics ▼

*Vitäl*signs



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.

Recommend Tweet Share



What's New



Ebola Update

CDC response to Ebola in United States and West Africa and what you need to know about Ebola.

More >



Listeria Outbreak

Learn more about outbreak of listeriosis linked to Blue Bell Creameries ice cream products.



National Public Health Week

Learn about this year's public health themes and how CDC is working towards Healthiest Nation 2030.



Thalassemia Awareness

Read Aaron's story and how people living with thalassemia can enjoy a full life.

FBOLA UPDATE!



Prescription Drugs

Medications

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



- **L**abels
 - Keep all original medication labels, packaging
- Letter
 - Bring a letter from doctor, or healthcare provider, for prescribed medications
- **L**egal
 - Make sure medications are "legal" in your destination
 - If not, are generic or alternative forms available?
- <u>L</u>uggage
 - Store medications in <u>carry-on</u> 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 <u>less</u>
 - General rule is to remove 1/3 of what you think you need
- Be sure you can handle <u>all</u> your luggage by yourself
 - Typically 2 suitcases maximum
 - Check weight limits with airline
- Avoid <u>over-stuffing</u>
- <u>Label</u> everything!
 - Suitcase, backpack, laptop, etc.
- Use <u>TSA-approved</u> locks







Packing TIPS

- Pack like a pro
 - http://www.youtube.com/watch?v=L5UlxHsgD58
 - Roll clothes instead of folding
 - Place books, cameras and important in the middle for better protection
 - Bring plastic bags to hold wet items shoes, etc.
 - Pack <u>footwear on top</u> of other items in your suitcase
 - Stuff your shoes with socks and undies



