

## Suggestions For Staying Healthy While You Are Traveling Abroad

### 1. Plan Ahead for Vaccines and Medications:

#### a. Vaccines --

- Make sure your routine vaccines are up to date, especially, tetanus, measles, polio, Hepatitis A and B, meningitis, and influenza (these are available for a fee at the Student Health Center (SHC)).
- 2-4 months prior to travel , check [www.cdc.gov](http://www.cdc.gov) (Click on “Traveler’s Health”) for any other recommended vaccines or preventive medicines for your destination(s). USD SHC Travel Clinic can provide students with travel vaccines, malaria prevention, and other important health and safety information for travel. See our website at [www.sandiego.edu/healthcenter](http://www.sandiego.edu/healthcenter) for more information (Travel Clinic is a specialty service of the SHC, subject to a fee).

b. Prescription Medicines--- 2-4 weeks prior to travel—arrange with your pharmacy and healthcare provider to get adequate supply of prescription medicines for your trip (This may require authorization from you insurance company, so plan early!) Carry medications with you in a carry-on bag, in their original labeled container.

c. Over-the-counter (OTC) Medicines--- plan to bring those that you use on a regular basis, as well as those you may need in case of illness or injury. See <http://wwwnc.cdc.gov/travel/page/pack-smart> for suggestions regarding a Travel Health Kit to take with you.

### 2. Be Prepared in Case of Illness or Injury:

- a. Know what to do if you become sick or injured during a trip! See <http://wwwn.cdc.gov/travel/contentSickDuringTrip.aspx> for information on treating common illnesses and accessing medical care abroad.
- b. Check with your medical insurance company to see whether you are covered while out of the country, limitations on coverage, how to access care while abroad, and whether medical transport back home is covered.
- c. Consider purchasing medical transport insurance. Many health insurance companies do not pay for transporting you back to the United States if you are severely injured or ill. Affordable short-term policies for students are available through MedJetAssist at [www.medjetassist.com/](http://www.medjetassist.com/) .

### 3. Travel smart! Know the health risks of the places you’ll be visiting, and take appropriate measures to avoid them.

Destination-specific information is available at <http://wwwnc.cdc.gov/travel/>. Some important topics covered:

- a. Water and food safety
- b. Medical care while traveling
- c. Mosquito and insect protection
- d. Local health advisories
- e. Many others!