Before you pack your bags... Consider this SEVERAL months prior to your departure date.

What countries will you visit?
- There are different vaccinations and medications required for each country.
- If you are visiting several countries during your travels, you will need to meet all the necessary requirements for each country.

What types of activities will you do while on your trip?
- More adventuresome activities like hiking and climbing may require additional measures in preparation for your trip.

Where will you stay during your trip?
- International hotels and other well developed establishments may be able to provide safe food and water as well as sleeping arrangements protected from insects and other animals.
- Visiting developing countries or more rural settings will require additional measures to avoid illness.

What coverage does your health insurance provide for travel preparations and medical emergencies during travel?
- Some insurances cover the cost of travel immunizations and preventative medicine for diseases such as malaria, some, unfortunately, do not. Check with your provider to verify your coverage and discuss your options.

When staying in developing countries or more rural areas, there may not be medical facilities readily available to you. Transportation to another location for care may be necessary. Some health insurance providers will cover the treatment of accidents or illnesses in foreign countries, as well as transportation to the medical facility. If your insurance company does not, you may want to seek additional travel insurance to cover these expenses.

Be sure to consider all these items before visiting your healthcare provider so that they will be able to adequately prepare you for your travels in a timely manner.

Tips for foreign travel.
Stay safe and healthy with the International Travel Clinic
Prepare for your trip by calling 301.314.8184 to schedule an appointment at least one month before departure date.

For detailed information on how to prepare for your travels including specific precautions for your destination, information about travel insurance and medical evacuation services, visit these informational travel websites:

University of Maryland: www.international.umd.edu/studyabroad/
Centers for Disease Control and Prevention: www.cdc.gov/travel/destinat.htm
U.S. Department of State: http://travel.state.gov/
World Health Organization: www.who.int/topics/travel

University Health Center
Email: health@umd.edu
Telephone: 301.314.8184
www.health.umd.edu
Consider this **ONE month**
prior to your departure date.

**Have you been to the travel clinic yet?**

Visit the University Health Center’s International Travel Clinic to ensure you have the necessary vaccinations and preventative medications to travel. Vaccines require two or more weeks to become protective. Some vaccines require more than one shot.

In addition to travel vaccination requirements, your healthcare provider should check the status of your measles, mumps, rubella, tetanus, diphtheria, polio, influenza, meningitis and hepatitis immunity.

Bring your immunization records or ‘yellow card’ to your visit so your provider is aware of all your previous vaccines and immunizations.

Discuss with your provider all your specific travel plans to ensure there are not any additional precautions you need to take.

**What are you taking with you?**

When packing, leave room in your suitcase for a travel health kit that includes an adequate supply of:

- your prescribed medicines in their original containers;
- over-the-counter medicines you may need while away especially antidiarrheal medication;
- alcohol-based hand gel that contains at least 60% alcohol; a thermometer; sunscreen;
- insect repellent containing at least 30% DEET if you plan to visit a tropical or a subtropical area;
- the name and telephone number of your primary health care provider; and
- a copy of your vaccination record.

**Check the Transportation Security Authority website:**

http://www.tsa.gov/travelers for current regulations on permitted and prohibited items for air, rail, and vessel travel before packing your bags.

**Eat well while you are away.**

Prevent gastrointestinal illness by:

- eating only fully cooked foods that are served to you hot and avoiding food from street vendors;
- eating only pasteurized dairy products;
- eating only fruits that can be peeled by yourself;
- avoiding uncooked foods that may have been washed in local water such as salads and raw vegetables;
- drinking only bottled water, carbonated drinks from cans or bottles with intact seals, or boiling tap water;
- avoiding fountain drinks or adding ice to beverages; and
- using bottled or boiled water when brushing your teeth.

Washing your hands often with soap and water, especially before meals and after going to the bathroom. If soap and water aren’t available, and your hands aren’t visibly dirty, use an alcohol-based hand gel that contains at least 60% alcohol to clean your hands.

**Stay safe while you play or work.**

- Protect against sunburn and insect bites.
- Be cautious around animals (especially dogs, monkeys and poultry) because they are not regulated as well as those in the United States and could carry diseases. If bitten or scratched by any animal, seek medical attention right away, and clean the wound well with plenty of soap and water and a topical antiseptic.
- Swim only in well-maintained, chlorinated pools, and only if you are an experienced swimmer. If visiting an area which has a high risk of water-borne infections, don’t swim in lakes, streams, or other fresh bodies of water.
- To prevent bloodborne infections such as HIV or Hepatitis B, only get tattoos and body piercings from clean, reputable body art parlors that use sterile procedures. It is also recommended to avoid using injection drugs.
- To prevent the spread of sexually transmitted infections, practice safer sex behaviors and use latex condoms and/or dental dams.
- If visiting an area with malaria, be sure to take your malaria prevention medicine at the appropriate times during your travels and when you return.