

# Travel Health

*wellness on the go!*



## Risky Foods



To prevent food or water-borne illnesses, it is recommended that you *AVOID*:

- Uncooked vegetables & fruits
- Unpasteurized milk & cheese products
- Undercooked meat, eggs, fish & seafood
- Cooked foods left standing out for 2+ hours

Also, avoid the airline food if it comes from a country where food precautions are used.

## Water Safety



Here are a few tips to avoid water-borne illness:

- Steer clear of tap water & ice cubes
- Do NOT swallow water while bathing or swimming
- Drink from unopened, sealed bottles/cans
- Wipe cans clean before opening them
- When you drink coffee or tea, make sure they are STEAMING HOT!

## Mosquitoes, Ticks & Fleas



Insect bites can transfer disease so you want to do what you can to avoid being bitten in the first place.

- Use DEET or Picaridin products on intact skin
  - Do not use on open cuts or wounds
  - If a rash develops, wash skin and contact a doctor
  - Apply insect products AFTER applying sunscreen
- Apply Permethrin repellents to clothing & gear
  - Do NOT apply this directly to skin
  - Pre-treat items 24-48 hours prior to travel
  - Allow everything to dry before packing

## Travel Nurse Appointment



Make an appointment with the Travel Clinic at Student Health Services by calling (813) 974-2331.

- Schedule an appointment for 4 to 6 weeks before your trip.
- Bring copies of your immunization records to your appointment, if possible.
- Bring your health insurance card with you, if you have coverage.

## Useful Over-The-Counter Medications

**Diarrhea:** Immodium

**Motion sickness/Nausea:** Dramamine

**Allergies:** Benadryl/Insect sting kit/Epi-pen

**Pain:** Tylenol/Ibuprofen/Aspirin

**Cough:** Robitussin DM or cough drops

**Sore Throat:** Salt Water gargles, lozenges

**Itching (insects or sunburn):** Cort-aid cream

**Sunburn pain:** Body lotion with Aloe

**Dry eyes:** Natural Tears or Visine

**Ear congestion:** Murine ear drops

**Nasal irritation:** Saline nasal spray

**Dehydration:** Rehydration salts (in safe H<sub>2</sub>O)

**Minor cuts or abrasions:** Hibiclens

## Medications



- Bring enough of your prescription medications to last your entire stay.
- Keep prescription meds in their original containers.
- Bring copies of the written prescription with you.
- Buy recommended over-the-counter drugs (see list above) in sample sizes and keep them in their original containers.
- Carry all medications and written prescriptions with you in your carry-on bag.

## Staying Safe When You're On The Go

It is always a good idea to leave copies of your itinerary and of your passport or visa with family or friends who are not traveling, and take extra copies of your passport or visa with you. To lower your risk for becoming a victim of crime while traveling, leave any expensive jewelry (or anything that looks expensive) at home. Also do not count or display your money in public. In other words, when traveling, you want to do what you can to blend in rather than draw attention to yourself.

### TAXI CABS

A frequent crime in some countries is for taxi drivers to take passengers to isolated areas to rob or rape them.

- Make sure you take marked, registered taxis only.
- Try to share taxis with people you know rather than to go alone.
- If you are alone in a taxi, text information about your destination and the taxi to a friend; then text again when you are safely at your destination.

### CRUISE SHIPS

Crimes, including rape, happen on cruise ships also.

- Avoid being alone in isolated areas of the ship
- Do not socialize with members of the ship's crew
- Do not go into areas that are for the ship's crew only

## Basic health tips while traveling abroad:

- Wash your hands often with soap and water, especially after coughing or sneezing.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

(Source: CDC)

## Psychological Impact of Studying Abroad

Traveling to a foreign culture can be exciting; however, it can also be stressful! Homesickness, as well as differences in food, time-orientation, communication, and language can all have a negative impact. To maintain your emotional health when you travel abroad, consider doing the following before you leave:

- Familiarize yourself with cultural practices in your destination country by reading, or talking to people familiar with the culture.
- Talk to members of your support system at home about mutual expectations regarding keeping in touch while you are away.
- Learn self-care and stress management techniques that you'll be able to use when you are abroad. Remember that the practices you use in the US may not be practical or safe when you are abroad, so be creative!
- Keep an open mind and try to be flexible when things do not go as planned.

If you have any concerns, reach out to the USF Counseling Center at (813) 974-2831.



## Web Resources

Centers for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)

Student Health Services  
[www.shs.usf.edu](http://www.shs.usf.edu)

World Health Organization  
[www.who.int](http://www.who.int)

Counseling Center  
[www.usf.edu/counsel](http://www.usf.edu/counsel)