

# Pre-Departure Medical Checklist

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- Meet with a medical professional certified in International Travel Medicine**

If you use prescription medications, have a chronic disease or other pre-existing condition, make an appointment with the USF Travel Medicine Clinic at 813-974-2331 or other medical professional certified in international travel medicine to make a plan for managing your situation abroad. Review the Centers for Disease Control and Prevention recommendations for your destination countries here: <http://wwwnc.cdc.gov/travel/destinations/list>. (If you did not fully disclose your health conditions, make sure you update your Medical Information Questionnaire.)
- Verify you have had all of the required immunizations**

It is the responsibility of all participants to obtain required immunizations (if any) for entry to the country in which their program is located and for return to the United States. These requirements change frequently and it is the participant's responsibility to keep informed about them. USF Education Abroad recommends that all participants our programs consult their USF Travel Medicine Clinic. Not all family physicians are certified in international travel medicine. To prepare for your appointment, you should consult the CDC to learn what vaccinations and inoculations are they recommend. We also advise every participant to read and heed the **"Travel Health Tips for Students Studying Abroad"** on that website.
- Review availability and legality of your prescriptions in host country**

Some countries do not allow certain medications into the country. Examples of these medications include some pain medications (Tylenol #3, Vicodin, etc.), prescription sleeping medications, medications for panic and relaxation (e.g. Xanax), and ADD or ADHD medications (Adderall, Ritalin, etc.) If you have a question about this, contact the embassy of the country or countries to which you are traveling. You may be able to buy some over-the-counter medications, but it would be a good idea to bring what you need – these may include cold medicine like Mucinex, allergy pills such as Claritin, anti-diarrheal medicines, etc. When you do take prescription medications with you, make a list of them and keep that list with you at all times.
- Ensure you have enough medication to last the duration of your stay**

**Even if legal to import, many U.S. prescriptions are not available outside of the United States.** You should bring enough of your medication to last the entire program (and pack it only in your carry-on bag in the original prescription bottles). You should also bring, if possible, copies of prescriptions, written with the generic (or scientific) drug name, as trade names vary from country to country.
- Review potential reactions from taking your medication**

Some prescription medications may have severe reactions when taken with alcohol; it would likely be a good idea to look at any interactions your prescriptions might have. (Example: benzodiazepines such as Xanax + alcohol = a dangerous combination)
- Inform program leader of chronic condition, if desired**

If you have a chronic condition (epilepsy, diabetes, a severe anaphylactic allergy, etc.), you may want to inform your program leader/resident director in case of an emergency, but you are not required to do so. This might also be good information to share with your host family and/or roommates.

- **Inform program leader of food/environmental allergies, dietary restrictions, or other limitations, if desired**

If you have food/environmental allergies, dietary restrictions, or other limitations, you may want to inform your program leader/resident director, but you are not required to do so. We have learned that sharing this information can assist you later on in the program. This information might also be good to share with your host family and/or roommates.

- **Review UHCG policies**

While traveling abroad, doctors and hospitals may expect immediate cash payment for health services. You are provided with comprehensive medical insurance through UHCG. To arrange for direct payment by UHCG for an appointment or hospitalization, UHCG should be contacted in advance at UHCG Customer Service at +1-410-453-6330 (international collect). If advance payment cannot be arranged, retain all receipts and complete a UHCG claim form when you return to the United States.

- **Consider bringing your own feminine products for convenience**

For women, it might be helpful to bring your own feminine products. They are likely available in your destination country, but may not what you are used to in the U.S.