Traveling to a foreign culture can be exciting; however, it can also be stressful. Homesickness, differences in food, time-orientation, communication, and language can all have a negative impact. Listed below are some tips to help you stay healthy while visiting abroad.

**Risky Foods**

Avoid the airline food if it comes from a country where food precautions are not used. To prevent food illnesses, it is also recommended that you avoid:

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

**Beverage Safety**

- Avoid tap water and ice cubes
- Do NOT swallow bath water
- Drink from unopened, sealed bottles
- Wipe cans clean before opening them
- When you drink coffee or tea, make sure they are steaming HOT!

**Basic Health**

- Wash your hands often
- Avoid touching your nose and mouth
- Try to limit contact with those who are sick
- Cover your sneeze and cough in your sleeve, not your hands

**Medication**

Pack some common over-the-counter medications and your written prescriptions in your carry-on bag.

- Bring prescription for your entire stay
- Bring copies of your written prescriptions
- Buy OTC drugs in travel sizes
- Keep all medications in original containers

**Useful OTC Medications:**

- Immodium
- Dramamine
- Benadryl
- Tylenol/Ibuprofen
- Robitussin/Cough Drops
- Hydrocortisone cream
- Aloe
- Eye Drops
- Murine ear drops
- Saline nasal spray
- Hibiclens antiseptic
- First aid kit

**Insect Safety**

Avoid mosquito, tick, and flea bites to prevent disease:

- Apply DEET or Picardin products to skin after applying sunblock
- Treat clothing and gear with Permethrin repellents 24-48 hours before packing to allow items to dry

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Travel Safety

General Safety
Talk to members of your support system at home about mutual expectation regarding keeping in touch while you are away.

- Leave copies of your itinerary & your passport/visa with family or friends who are not traveling.
- Take extra copies of your passport/visa with you.
- Do not count or display your money in public.
- Leave any expensive jewelry (or anything that looks expensive) at home.
- Do what you can to blend in rather than draw attention to yourself.
- Familiarize yourself with cultural practices in your destination country by reading, or talking to people familiar with the culture.

Taxi Safety
- Taxi drivers 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 Safety
- 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.

SHS Travel Clinic

<table>
<thead>
<tr>
<th>Immunizations</th>
<th>Cost/Injection</th>
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<td>Polio</td>
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<tr>
<td>TB</td>
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<td>TD</td>
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<td>Oral Typhoid</td>
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<tr>
<td>Varicella</td>
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<tr>
<td>Yellow Fever</td>
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IMMUNIZATIONS TITERS
* One Blood draw $7

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<td>Mumps</td>
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<td>Rubella</td>
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<td>Rubeola</td>
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<tr>
<td>TB T-Spot</td>
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<td>Varicella</td>
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Other

<table>
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<th>Other Type</th>
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<tbody>
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<tr>
<td>Bicillin L-A</td>
<td>$90</td>
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</table>

* Titers require blood draw

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