

THINGS TO THINK ABOUT WHEN TRAVELING

FOOD & DRINK

- Avoid food that's been sitting for several hours (for example, buffet food, food from outdoor vendors)
- Avoid uncooked food, except for fruits and vegetables that you wash in purified water and peel yourself)
- Avoid ice unless it's been made from safe water
- Avoid dishes containing raw or undercooked eggs
- Drink only bottled or sealed beverages
- Brush teeth with bottled water if unsure of water safety
- Boil drinking water for at least 1 minute if you're unsure how safe it is, or use a certified filter and/or a disinfecting agent if boiling is not possible
- Poor restaurant hygiene is common in developing countries

MOSQUITOES, TICKS AND OTHER INSECTS

- Keep suitcases on elevated surfaces
- Wear protective clothing, such as long-sleeved shirts, long pants, hats, and closed shoes when outdoors
- Do "tick checks" while outside in a grassy or vegetated area and again at the end of the day
- Pack a mosquito net and insect repellent to protect against biting insects. (Applying repellents directly to clothing and exposed skin offers the best protection)
- DEET is the only insect repellent shown to be effective against ticks
- If sunscreen is also needed, you should apply sunscreen FIRST and repellent second

WILD AND DOMESTIC ANIMALS

- Travelers should avoid contact with wild or captive animals, as well as domestic animals in areas where rabies is a threat
- In tropical, subtropical, and desert areas, it is recommended you wear closed shoes and long pants because of venomous snakes, scorpions, and spiders

OTHER HEALTH AND SAFETY TIPS

- Stay hydrated!
- Wear sunglasses, sunscreen, hat, etc...
- Use a latex condom correctly every time you engage in sex (vaginal, anal, and oral-genital), consider obtaining an extra month of prescriptions for any needed medications
- Plan for how to obtain health care during your trip, should the need arise. Ohio University provides supplemental travel health insurance to all study abroad participants as part of their fees for the programs (for students going on NON-OHIO programs, the university will bill their account for the cost). Students/faculty/staff doing OHIO-affiliated travel (not study abroad) can also register for the insurance. Visit <https://www.ohio.edu/global/goglobal/health-safety.cfm> for more information
- If needed, have prescriptions for antimalarial drugs filled in the United States prior to traveling
- Get a medical exam following your trip if you (or a traveling companion) return with a fever or other illness

*Specific information can be found at <http://wwwnc.cdc.gov/travel/destinations/list/>

Pack Smart Checklist

- Insect repellent containing DEET (30%-50%) or picaridin (up to 15%)
- Mosquito net
- Anti-itch cream
- Pack your prescription medications in your carry-on luggage.
- Pack copies of all prescriptions, including the generic names for medications.
- *Pack a note on letterhead stationery from the prescribing physician for controlled substances and injectable medications. *(Check with the American Embassy or Consulate to make sure that your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country.)
- Over-the-counter medicines (allergy, anti-diarrheal, pain relief, laxatives)
- Sunscreen (preferably SPF 15 or greater) that has both UVA and UVB protection
- Aloe Vera gel
- Travel-size first aid kit (including antibiotic cream and bandages)
- Condoms
- Water purification tablets
- Digital thermometer
- Oral rehydration solution packets
- Tissues and/or wipes
- Hand sanitizer
- Voltage converters and adapter plugs for electronic and personal appliances

(This list is intended as a guide and is not all inclusive. You should check the specific requirements of your destination using reputable sites such as:

<http://wwwnc.cdc.gov/travel/destinations/list/>

<http://www.who.int/ith/en/>