

Health & Safety

- Your health and safety are our number one priority while you're abroad
 - LIM procedures
 - Study Abroad Coordinator, LIM staff and administrators, International SOS
 - Resources for you/your family:
 - State Department, International SOS
 - Be cautious about relying on the media



Health and Safety

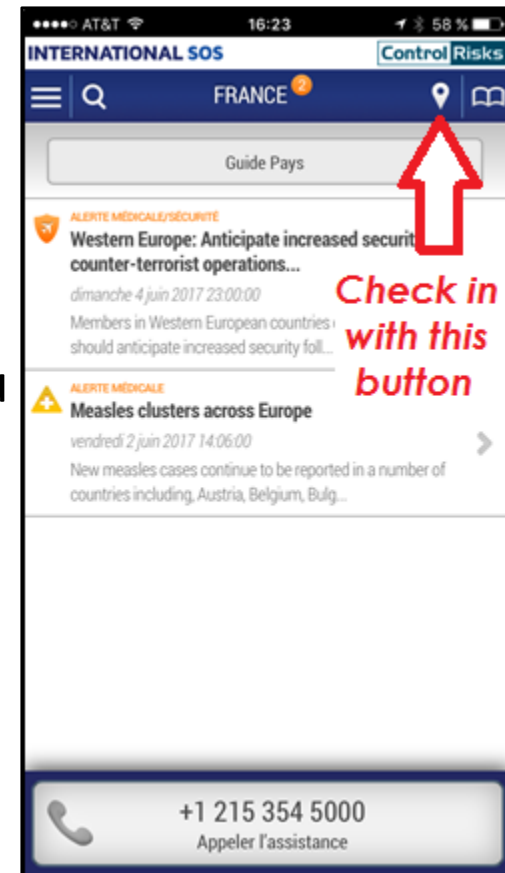
Benefits of Enrolling in STEP

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

- Mandatory for all students to register with the US Department of State
 - <https://step.state.gov/step/>
 - Email me a screenshot of the confirmation page

Health and Safety

- Mandatory for all students to register with International SOS TravelTracker system; info on how to register will be provided by Study Abroad Coordinator
 - Traveler (you) creates account, enters travel details
 - Be sure to update with weekend trips you take out of your host city!
 - You will be automatically registered for email alerts for the country/countries you are traveling to
 - Provides a centralized place for LIM staff to see at a glance where in the world travelers are; also allows communication with travelers by LIM staff
 - In emergencies, check in with ISOS app



Health and Safety

- What if there's an emergency in my host country while I'm abroad?
 - Follow instructions of local police/emergency forces; shelter in place if necessary
 - Return to your home/apartment as soon as it is safe to do so
 - Contact your faculty leader (if on a short-term program) & Erinn.Kehoe@limcollege.edu immediately – be sure to check your LIM email!
 - Contact your family and host school ASAP
- Role of ISOS

When to use International SOS

Before you Travel

Before you leave, call us to prepare for:

- Vaccinations
- Required medications
- Travel security or medical concerns



“I am off to Morocco. Is it really safe there?”

When to use International SOS

Before you Travel

You can also prepare yourself by logging onto www.InternationalSOS.com where you can sign up for medical and security email alerts or review country specific reports that will make you an informed traveler. Also, this information is available on-the-go through the [Assistance App](#).



“I am off to Morocco. Is it really safe there?”

When to use International SOS

While Abroad

While abroad, call when you:

- Need health, safety or security advice;
- Need to speak with an experienced, internationally-trained doctor or travel security specialist;
- Need a local doctor or other provider credentialed by International SOS;
- Require supplies of medication or equipment;
- Need assistance due to the loss of travel documents or legal advice.



“I forgot to pack my blood pressure medication”

When to use International SOS

In an Emergency

In an emergency, call immediately to:

- Arrange medical transportation or care;
- Coordinate medical fees, when approved;
- Monitor your condition and provide advice;
- Evacuate you to a center of medical excellence if local care is inadequate or to a secure location ;
- Provide help if your safety is at risk ;
- Contact family members.



“I have severe stomach pains”

“I got into an accident and I need surgery”

How to Reach International SOS

International SOS is available
On Call, Online, and On Ground

We recommend you:

- Carry an **International SOS membership card** in your wallet or purse.
- Visit the **Membership website** by going to www.internationalsos.com. Use Membership Number on your membership card (email Erinn.Kehoe@limcollege.edu if you need a new copy of the card)
- **Download the Assistance App to your smartphone** (app.internationalsos.com)
- **Create a contact** in your phone containing International SOS information



Health and Safety

- How do we determine when to remove students from a program because of safety concerns?
 - US State Department warnings (*these are different than alerts!*) – www.state.gov
 - International SOS recommendations
 - Overseas Advisory Council (OSAC) travel warnings – www.osac.gov
 - Consultation with LIM administrators

Health and Safety

- Best practices
 - Visit www.state.gov to learn about the closest American Embassy or Consulate before departure
 - Have emergency phone numbers/emails and important addresses written down; keep them with you at all times
 - Study Abroad Coordinator
 - Your home address abroad
 - Address of your host school and contact for staff
 - Address and contact info for nearest Embassy/Consulate
 - Keep your International SOS card and insurance card with you at all times

Health and Safety

- Do NOT carry your passport with you unless you are traveling or know you will absolutely need it!
 - Leaving the country for the weekend
 - Buying expensive merchandise
- Take multiple copies of your passport and other important documents
 - Leave a copy of everything at home in the U.S.
 - Put your passport in a secure location upon your arrival in your host country
 - Keep a copy of the information page and visa on you, along with copies of other important documents
 - I will also keep a scan of your passport in case of emergency; please send to me if you didn't submit one with your initial application

Health and Safety

- Street Smarts
 - If you wouldn't do it in NYC, don't do it abroad!
 - Remember: you are responsible for knowing the local laws and obeying them
 - Observe host country natives and do your best to blend in
 - Be confident and assertive
 - Use the buddy system
 - Be aware of your surroundings at all times, but especially when withdrawing money from an ATM or using pay phones
 - Don't wear expensive jewelry; keep electronics close at hand or in your bag

Health and Safety

- Street Smarts (continued)
 - Avoid crowds and protests
 - Report suspicious individuals
 - Don't hitchhike!
 - Make sure someone knows your travel itinerary
 - Always check travel advisories – contact ISOS
 - Have a back-up plan (be sure to carry host university emergency contact numbers, hospital information, consulate information, etc.)

Health and Safety

- Health Insurance Coverage
 - Check to see if your current insurance covers you; if not, I can suggest providers
 - Send proof of coverage to me to prove that you are covered
- Health Costs
 - All students are responsible for covering their own medical expenses while abroad with LIM
 - Make sure that you have a way to do so!

Health and Safety

- Prescription medicine and OTC medication
 - Take basic items with you in your carry-on
 - Ibuprofen, Benadryl, Imodium, antacids, bandages, feminine hygiene products, anti-itch cream, etc.
 - Leave everything in the **ORIGINAL** bottle
 - Some prescription medications might be illegal in your host country → Contact ISOS before you go!



Health and Safety

- Physical/dental/eye exams – a good idea before you go
- Immunizations
 - Are you up to date?
 - Do you need additional immunizations?
 - Contact ISOS!

Health and Safety

- Jet lag
 - Stay hydrated!
 - Temporary sense of depression and/or anxiety and/or homesickness is normal
 - One day of recovery for every time zone crossed
- Alcohol use
 - Abide by local laws, avoid excessive drinking
- Swimming
 - You don't know what locals know about currents and undertows
 - Don't count on lifeguards
 - Be wary of freshwater and parasites

Health and Safety

- Blood-borne and fluid-borne diseases
 - “If it is wet and it is not yours, don’t touch it.”
- Sex
 - Be prepared and be safe
 - American-made condoms
- Tattoos and body piercings
 - Different standards of sanitation

Health and Safety

- Stress and mental health
 - Be patient, give yourself time to adjust
 - Important to know and accept that there will be an adjustment period
 - Adjustment to new culture can manifest as depression, anxiety, insomnia, etc.
 - Jet lag can make this worse
 - Ask for help if you aren't getting better!