

## TRAVEL RECOMMENDATIONS FOR HIGH RESOURCE DESTINATIONS

Provider: \_\_\_\_\_

Destination: \_\_\_\_\_

Travel Advisory Level: \_\_\_\_\_

 Enroll in the official US State Department Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/> for the latest travel advisories for your destination

**1** Exercise normal precautions

**2** Exercise increased caution

**3** Reconsider travel

**4** Do not travel

**ADVISED**    **UP TO DATE**

Hepatitis A .....	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B .....	<input type="checkbox"/>	<input type="checkbox"/>
MMR .....	<input type="checkbox"/>	<input type="checkbox"/>
Tetanus: Td or TdaP .....	<input type="checkbox"/>	<input type="checkbox"/>
Influenza .....	<input type="checkbox"/>	<input type="checkbox"/>

**ADVISED**    **UP TO DATE**

Meningitis ACWY .....	<input type="checkbox"/>	<input type="checkbox"/>
Meningitis B .....	<input type="checkbox"/>	<input type="checkbox"/>
HPV .....	<input type="checkbox"/>	<input type="checkbox"/>
Varicella .....	<input type="checkbox"/>	<input type="checkbox"/>
Pneumococcal .....	<input type="checkbox"/>	<input type="checkbox"/>

## PERSONAL SAFETY AND SECURITY

Use the same common sense overseas that you would at home and always stay alert and aware of your surroundings.

**Keep family and friends informed of your itinerary** and communicate regularly throughout the trip.

**Avoid travel to areas of conflict or political unrest;** avoid participating in local demonstrations.

Travel with a companion or group.

Stay in secure accommodations and use a safety deposit box.

Carry minimal amounts of money; a hidden money belt may be useful for holding passports and larger amounts of money.

Do not wear expensive watches or jewelry.

**Never accept food or drink from strangers, and do not leave drinks unattended because of the risk of “spiking”.**

Ensure that cars are roadworthy and can be locked securely.

## Traveling with medications

Keep medications in their original container in your carry-on luggage. Keep enough of a supply for your entire trip; take into account possible travel delays. You may need to ask your insurance company for a vacation supply of medication

Traveling with narcotics, psychotropic medications and injectable medications/needles may cause problems at border crossings in some countries. Be aware that many countries permit taking only a 30-day supply of certain medicines and require carrying a prescription or doctor’s letter. Ensure that the letter is clearly labelled (preferably translated in the language understood at your destination) with your full passport name, doctor’s name, generic and brand name, and exact dosage. This will facilitate border crossing and help the attending physician abroad. Check the INCB website (International Narcotics Control Board) for more information: <https://www.incb.org/incb/en/travellers/index.html>.



## DID YOU KNOW

**Situational tolerance: drinking in a new environment can cause you to become more intoxicated than usual with the same number of drinks.**

**Some drinks may have a higher alcohol content than what you are used to.**

## Travel lowers inhibitions

Alcohol and drugs further lower inhibitions and increase the risk for injury and diseases, including STIs.

- Limit alcohol use
- Avoid drug use
- Use condoms or consider abstinence

Drug use while abroad (even “soft” drugs, like marijuana) has been associated with acute psychosis in young people.

Sexually Transmitted Infections: There is a higher baseline risk of HIV in many parts of the world. There is also a greater risk for multidrug resistant infections such as gonorrhea.

## Travel and Mental Health

Travel can be extremely stressful. Lack of familiar support systems, unexpected situations, and language barriers can intensify stress. Travel stress can trigger or exacerbate underlying mental health problems, such as anxiety and depression. If you have a history of mental health issues, talk to your care provider to discuss if the type of travel you are planning is appropriate for you. It may not be the best time to stop or to adjust medications before your trip. Before traveling, you may need to find a mental health professional at your destination who speaks your language to ensure continuity of care.

## Avoiding Insect Bites

Insect repellent with at least **20% DEET or Picaridin** can protect against mosquitoes and ticks. **Recommended formulations include the long acting liposomal lotions: 3M Ultrathon<sup>®</sup>, Sawyer Ultra 30<sup>®</sup>.**

Make sure to read directions and reapply as directed to maintain effectiveness. Repellents containing a higher percentage of the active ingredient typically provide longer-lasting protection.

Regardless of what product you use, if you start to get insect bites, reapply the repellent according to the label instructions.

When using sunscreen, **apply sunscreen first and insect repellent second.**

**Consider using permethrin-treated clothing and gear** (such as boots, pants, socks, and tents); you can buy items already treated or can treat them yourself. Do not use permethrin directly on skin.

**Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.**

Stay and sleep in screened or air-conditioned rooms.

Use a bed net if the area where you are sleeping is exposed to the outdoors.

To prevent tick bites, tuck in shirts, tuck pants into socks, and wear closed shoes instead of sandals.

## ENVIRONMENTAL SAFETY DURING TRAVEL

Wear protective clothing, high factor sunscreen (reapplied regularly), and insect repellent (also reapplied as directed).

Always apply sunscreen before repellent.

Beware of coral and jellyfish; Use SafeSea<sup>®</sup> Lotion to prevent jellyfish stings.

Carry a first aid kit and know how to use it (see our travel checklist)

Carry an adequate supply of water and high energy snacks.

Carry a flashlight for walking at night

## Culture Shock

Culture shock is the most common type of travel stress, especially during extended travel; it can be overwhelming, but it is normal, and know that it will pass.

Talk to friends, family, or your advisor for support.

Be open-minded, patient, and flexible.

## Women's Health

If traveling for an extended period, consider long term contraception such as an IUD or Nexplanon. Make sure you have enough contraception for your entire trip.

Consider bringing emergency contraception with you.

INSURANCE  
INFORMATION

### Travel Health Insurance/Finding Medical Care Abroad

Travel health insurance should cover health care costs incurred during international travel as well as emergency assistance, including medical evacuation, security evacuation, and repatriation of remains.

If you are traveling for university related purposes (for credit, research or funded by UVA) you are required to enroll in the UVA international health and emergency assistance insurance plan through CISI. If you are not automatically enrolled for your class, you will have the option to enroll when you sign up for the UVA Travel Registry. **Sign up for the UVA Travel Registry (<https://educationabroad.virginia.edu/registration-instructions>) is required when traveling for any university related purpose.**

If you are **traveling on your own before or after a university related trip, you will not be covered by the UVA CISI plan, and will need to purchase additional insurance.** This is available through CISI at the commercial rate or you can obtain your own insurance.

If traveling for non-university purposes, then the following resources should be helpful:

<http://www.travelinsurancereview.net/>  
<http://www.insuremytrip.com/>  
<http://www.quotewright.com/>  
<https://www.squaremouth.com/>  
<http://www.insuremytrip.com/>

If you are enrolled in Aetna Student Health<sup>®</sup>, and you have an emergency while traveling at least 100 miles from your primary residence or in a foreign country, call On Call International as soon as possible by dialing 1-866-525-1956 (within the US) or 1-603-328-1956 (outside the US). On Call International can provide the travel and medical assistance services you need. For more information go online to:

<https://www.aetnastudenthealth.com/en/main/frequently-asked-questions.html>

# IAMAT

International  
Association for  
Medical Assistance to  
Travelers

TIP

### Finding Medical Care Abroad

Another option for finding English-speaking medical care abroad is to join IAMAT

(International Association for Medical Assistance to Travelers) at <http://www.iamat.org>

### DID YOU KNOW

**MOTOR VEHICLE CRASHES ARE THE NUMBER ONE KILLER OF HEALTHY US CITIZENS TRAVELING IN FOREIGN COUNTRIES.**

**SWIMMING AND DIVING INJURIES ARE THE NEXT MAJOR CAUSE OF INJURY/DEATH.**

## Be a Responsible Traveler

Be informed: educate yourself about a host country's lifestyles and cultural codes. Learn some basic phrases. Respect local customs: the way you dress, behavior at religious sites, public displays of affection

Avoid exploitation: travelers may be perceived as rich, so avoid obvious displays of wealth or handing out money as this may build resentment. Support the local community economically and tip generously, if acceptable. Bargain, if acceptable, but avoid aggressive bargaining, as people's livelihoods depend on sales.

Avoid and denounce exploitation of locals (low salaries, child prostitution and sex travel).

Protect the environment: reuse towels and bed sheets, avoid overuse of water, wasting food and littering.

## Travelers' Thrombosis/DVT

In susceptible individuals, prolonged immobility during flying can increase the risk of blood clots in the legs, known as DVTs or traveler's thrombosis. This can be serious and occasionally life threatening, if the blood clot breaks off and travels to the lungs, causing a pulmonary embolism.

### During long flights:

**Wear loose clothing; avoid tight restrictive garments.**

**Stretch and periodically exercise your feet and ankles, even while seated; pump the calves and take breaks by walking down the aisle.**

**Keep yourself hydrated by drinking water while minimizing alcohol and caffeinated beverages.**

**Consult your physician if you have a long flight and an underlying illness, such as recent surgery, cancer, blood clotting disorder or previous DVT.**

## Jet Lag

Crossing several time zones can lead to an abrupt change in your body clock, called jet lag. Jet lag can lead to fatigue as well as disturbances of sleep and digestion.

For short trips, try to keep to your home local time.

For longer trips, try to adapt as quickly as possible to the new time zone.

Avoid important meetings or starting your adventure soon after arrival, including renting a vehicle to drive. Staying well hydrated, avoiding alcohol, smaller meals before and during flight, and melatonin may all help with jet lag symptoms, but there is no magic cure and much research is still being done.

## LGBTQI Travel-related Resources

International Lesbian, Gay, Bisexual, Trans and Intersex Association:  
<http://ilga.org/>

Equaldex (collaborative LGBT knowledge base): <http://www.equaldex.com/>

State Department LGBTQI page:

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbti.html>

### Useful Links:

Translation Cards for Food & Drug Allergies, Special Diets and Medical Needs: <http://www.selectwisely.com/>

Air Pollution Concerns:

[http://www.who.int/gho/phe/outdoor\\_air\\_pollution/exposure/en/Airvisual.com](http://www.who.int/gho/phe/outdoor_air_pollution/exposure/en/Airvisual.com)

Check Messages in your HealthyHoos account

**(<https://www.healthyhoos.virginia.edu/hhoos/home.aspx>)** for your **customized Travax Report**; this is detailed health and safety report for all the countries on your itinerary. If applicable, it will also have information about nearby hospitals, malaria and yellow fever maps, and cross cultural considerations.

**Check Education in HealthyHoos for additional travel-related documents for your trip.**

## List of more detailed handouts available on our website

**Animal Risks/Rabies  
Travel Checklist  
Insect Protection  
Altitude Illness**

**Travel Insurance  
Marine Toxins and Bites  
Water Disinfection  
Diving Safety**