



Whether it's a broken bone or food poisoning, be prepared in case of a health emergency overseas. Plan ahead and protect yourself. Take Care.

### Cover Your Bets

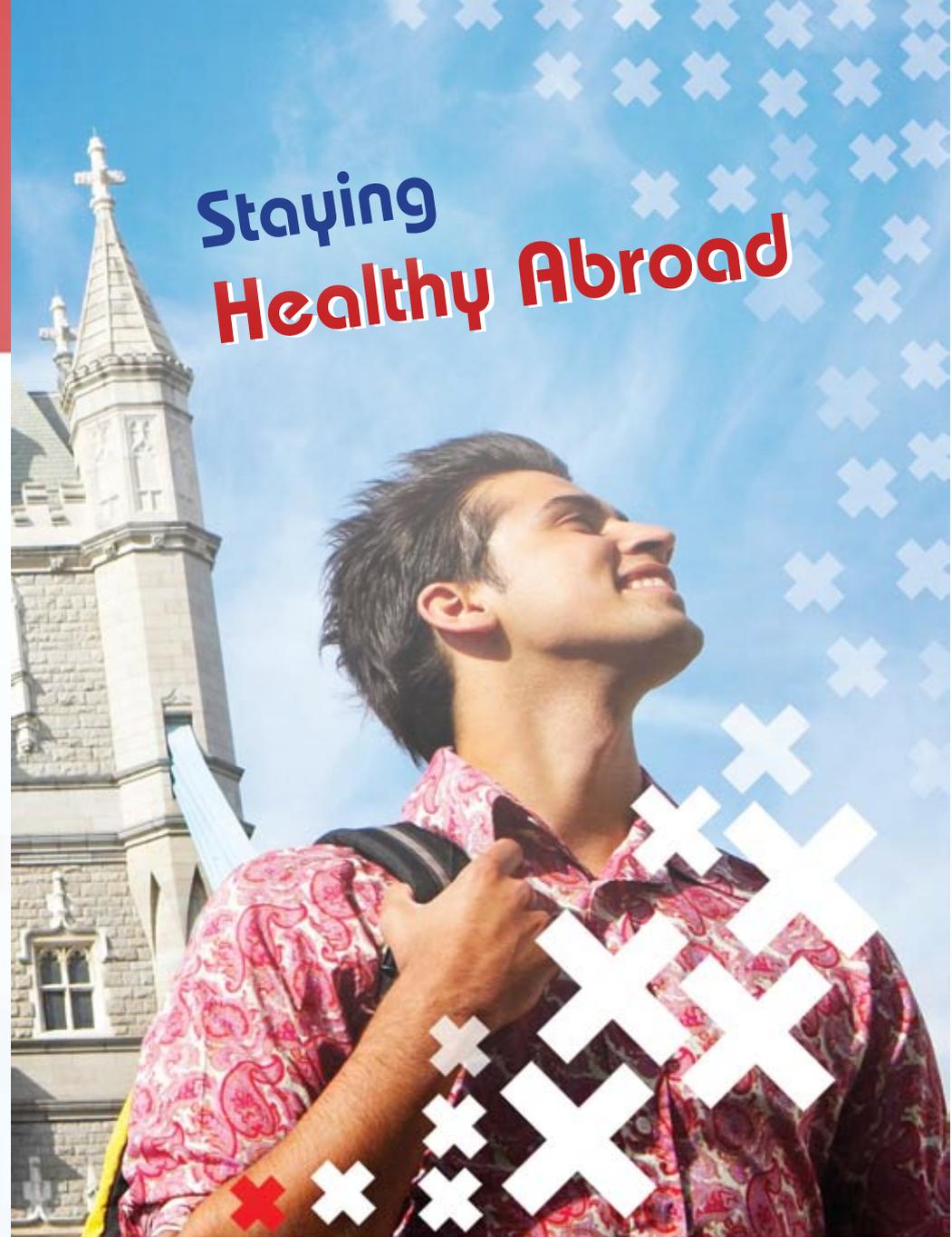
Even if you have medical insurance here in the U.S., it doesn't mean you are covered in another country. Don't wait until you HAVE an actual medical emergency before finding out that your health insurance doesn't cover it. Before you travel, check the policy. Whether it's in your name, under your parents' plan, or through your school, confirm exactly what is covered and where. If necessary, look into purchasing a short-term international policy that guarantees coverage in case of an emergency.

Even if you have international insurance coverage, some hospitals and clinics may insist on cash payment for treatment. Check with your insurance company on how they handle those situations, and check out our info on sending money overseas.

A list of international health insurance companies is available at: [www.studentsabroad.travel.state.gov](http://www.studentsabroad.travel.state.gov).

### Be Prepared: More Than Just a Motto

Do you have a prescription for a medication you literally cannot live without? Make sure to bring a back-up supply in case you are delayed during your trip. This is important because your medication may not be available in some countries. Keep it on you when you travel in case you and your luggage get separated. All prescriptions should be clearly marked in their original containers. In fact, you should contact the embassy of the country you are visiting to get a list of drugs that are considered illegal narcotics—*just to make sure your medication is not included*. Think about getting a letter from your doctor listing your medications and explaining why you need them. Also, carry instructions for treating any allergies or other unique medical conditions you might have.



# Staying Healthy Abroad

go from here.



# STUDENTS ABROAD

## You Are What You Eat

Thinking about sampling the native cuisine? Of course you are! Enjoying local delicacies is part of the wonderful experience of overseas travel, but eating the wrong things could make you very sick. Many countries don't have the same food handling and preparation standards found in the U.S. Food that is not stored or cooked properly could make you sick.

Do your research on which local foods and drinks to avoid. Ask for all meat 'well done' and stay away from raw foods. In addition, choose your local restaurants carefully. If it looks dirty in the dining room, it could be worse in the kitchen. Local water supplies could also be a breeding ground for bacteria. Always use bottled water (even to brush your teeth), and beware of fake bottled water—tap water sold as bottled. Practicing healthy habits, like washing your hands regularly, will help ensure that you stay healthy and enjoy your entire trip.

For more information on Travelers' Health, visit the Centers for Disease Control and Prevention website at <http://wwwwn.cdc.gov/travel/default.aspx>.

For the latest student travel safety information, go to [www.studentsabroad.state.gov](http://www.studentsabroad.state.gov)

Contact Overseas Citizens Services:

**1-888-407-4747** (toll free in the United States and Canada)  
**1-202-501-4444** (outside the United States and Canada)



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## Vaccinations: Not Just a Shot in the Dark

We cannot stress enough the importance of doing your research on which vaccinations you might need for your trip. Not only will getting the proper vaccinations literally **PROTECT YOUR LIFE** while you are there, but without them, you may not be allowed to enter the country. Schedule an appointment with your doctor four to six weeks before leaving the U.S. to get them. Trust us, you'll be glad you did.

*go from here.*