

PREPARATION FOR YOUR NEXT GLOBAL HEALTH TRIP

YOU NEED DR.ROBERT'S PERMISSION BEFORE YOU START THIS PROCESS

- 12-6 MONTHS BEFORE DEPARTURE
 - Research opportunities abroad
 - Decide with your mentor which opportunity is better
 - Visit department of state travel warnings page
 - <http://travel.state.gov/content/passports/english/alertswarnings.html>
 - Look at consulate requirements
 - <http://travel.state.gov/content/passports/english/country.html>
 - Consider Finances and Funding
 - Obtain and Update your Passport
- 6-3 MONTHS BEFORE DEPARTURE
 - Do all of the above if not done
 - Establish viable activity, mentor or supervisor- Do the global health application
 - Identify learning objectives
 - Work with supervisor to determine details of housing, travel, and logistics
 - Finances, carrying cash or credit cards
 - Mobile phone or internet connections
 - Make a travel medical consultation appointment
 - Make sure you apply for global Health funds
- 3months -1 WEEK BEFORE DEPARTURE
 - Make sure all of the above are done
 - Research Airfare- If being reimbursed from the residency, need to do travel authorization form and have to use Orbits for Business to book your travel reservations.
 - Confirm visa
 - <http://www.state.gov/travel/>
 - Register your travel plan with smart traveler enrollment program
 - <https://step.state.gov/step/>
 - Review your health insurance and see if travel abroad is covered or purchase traveler's insurance
- DURING THE TRIP
 - Stay in touch
 - Take pictures and record your observations and reflections
 - Provide immediate feedback
 - Ask for mentor to complete evaluation
 - Paper and electronic link are available
- AFTER YOUR TRIP
 - Complete resident evaluation
 - Make sure your supervisor completes evaluation
 - Brief Presentation at global health meeting
 - If you have any symptoms or complaints please follow up in travel medicine clinic.

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This check list is meant to serve as a guide for students traveling to developing countries. Depending on your destination, you may want to keep a supply of items that may not be readily available locally.

ITEM		PACKED
Essentials		
	Passport/Visa	
	Health Insurance Information/forms	
	Foreign Currency	
	Airline/Other transportation Tickets	
	Reservation Information	
	Travel Itinerary	
	Emergency Contact card	
	Electrical adaptors	
Health Related Items		
	Vaccination record (yellow card)	
	Insect repellent	
	Mosquito netting	
	Water Purification	
	Medicines/Birth Control/Condoms/Laxatives/Analgesics	
	Spare glasses/sun glasses/contact lenses/solutions	
	Sunscreen	
	Feminine Hygiene products	
	Antiseptic hand wipes	
	Tissues (travel pack)	
	Decongestants, cold medication, cough suppressants	
	Stethoscope/BP cuff/Ophthalmoscope/Head Light	
	Personal re-usable water bottle	
First Aid Kit		
	Adhesive bandages (or gauze with tape)	
	Alcohol swabs	
	Antiseptic (e.g. povidone-iodine)	
	Bandage rolls (for sprains)	
	Scissors (checked Baggage)	
	Thermometer	
	Tweezers	
	Antibiotic/antifungal/hydrocortisone cream	
	Pepto-Bismol tablets, antacid	
General Items		
	Camera/Phone with camera/Charger	
	Candle with matches	
	Detergent to wash items in the hotel	
	Ear plugs	
	Electrical Plug adaptors/voltage transformer	
	Flashlight and Batteries/Crank-up flash light	
	Money belt	
	Neck pillow	
	Plastic Baggies for laundry and liquid bottles	
	Sewing Kits	
	General purpose cleaner or soap	
	Travel alarm clock	
	Wash cloth	

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HELPFUL TIPS TO KEEP YOURSELF HEALTHY ABROAD

Avoid Enteric Illness

Before Travel:

- Get vaccinated for Hepatitis A

During Travel

- It is difficult, if not impossible, to guarantee the safety of food and beverages when traveling, especially in developing countries.
- Without strict public health standards, bacteria or parasites in food or water may go undetected and cause illness such as traveler's diarrhea. Be sure to follow food and water precautions and concentrate on eating the types of food that tend to be safest.
- Traveler's diarrhea is caused by something the traveler ate or drank. While it may not be possible to avoid diarrhea in certain high-risk destinations, even with the strictest adherence to preventive measures, the risk can be minimized by following basic guidelines:

FOOD

Travelers **SHOULD**:

- Eat at establishments that are known to cater to foreigners or that are specifically known by other foreigners to be safe.
- Eat foods that are well-cooked and served steaming hot.
- Eat breads, tortillas, crackers, biscuits, and other baked goods.
- Eat fruits, nuts, and vegetables with thick skins, peels, or shells that you remove yourself.
- Eat canned foods.
- Always wash your hands with soap before eating and after using the toilet.

Travelers **SHOULD NOT**:

- Eat any food from street vendors or market stalls.
- Eat leafy or uncooked vegetables and salads.
- Eat undercooked, raw or cold meat, seafood, and fish.
- Eat large carnivorous fish, especially from reef areas. Many contain concentrated toxins.
- Eat or drink unpasteurized dairy products such as cheese, yogurt, and milk. Be particularly wary of ice cream and other frozen confections that may have been made or stored in contaminated containers.
- Eat cold sauces such as mayonnaise, salad dressing, chutneys, or salsas, which are usually raw and made by hand.
- Eat buffet foods such as lasagna, casseroles, and stews unless you know they are fresh (not reheated) and have been kept steaming hot. Avoid buffets where there are no food covers or fly controls.
- Eat creamy desserts, custards, or sauces that may not have been adequately refrigerated.

WATER AND BEVERAGES

- Tap Water: Developing countries do not always have the resources needed to ensure a pure water supply, and consequently tap water is often not safe to drink.
- Even if the people who live there can drink the water, travelers should not assume that they can. Local residents have built up immunity to organisms in the water, but visitors have not. As a result, tap water can make visitors sick.

- When traveling through areas with less than adequate sanitation or with water sources of unknown purity, travelers can reduce the chance of illness by following these precautions:

Travelers **SHOULD**:

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- Use sealed (name brand, if possible) bottled water or chemically treated (iodine), filtered, or boiled water for drinking and for brushing teeth.
- Drink beverages made only with boiled water whenever possible (such as hot tea and coffee). Water boiled for any length of time (even 1 minute), at any altitude, is safe to drink.
- Drink canned, boxed, or commercially bottled carbonated water and drinks. International brands are safest. Beware of unsealed containers that may have been re-filled.

Travelers **SHOULD NOT**:

- Drink tap water.
- Drink water sold in sachets (plastic bags) (common primarily in West Africa)
- Rinse toothbrush in tap water.
- Use ice unless it is made from boiled, bottled, or purified water. Freezing does not kill the organisms that cause diarrhea.
- Assume that water is safe because it is chlorinated. Chlorination does not destroy all the organisms that can make you ill.
- Drink from wet cans or bottles-the water on them may be contaminated. Dry wet cans/bottles before opening and clean all surfaces that will have contact with the mouth.
- Drink fruit juice unless it comes directly from a sealed container; otherwise it may have been diluted with tap water.

Environmental Protections

Protection Against Mosquitoes, Ticks, and Other Insects and Arthropods

(Extracted from the CDC's Travelers' Health - Yellow Book. For complete information including repellent efficacy, use of repellents with sunscreen, etc see the CDC website:

<http://wwwnc.cdc.gov/travel/yellowbook/2010/chapter-2/protection-against-mosquitoes-ticks-insects-arthropods.aspx>)

General Protective Measures

- **Avoid outbreaks:** To the extent possible, travelers should avoid known foci of epidemic disease transmission. The CDC Travelers' Health webpage provides alerts and information on regional disease transmission patterns and outbreak alerts (www.cdc.gov/travel).
- **Be aware of peak exposure times and places:** Exposure to arthropod bites may be reduced if travelers modify their patterns of activity or behavior. Although mosquitoes may bite at any time of day, peak biting activity for vectors of some diseases (e.g., dengue, chikungunya) is during daylight hours. Vectors of other diseases (e.g., malaria) are most active in twilight periods (i.e., dawn and dusk) or in the evening after dark. Avoiding the outdoors or focusing preventive actions during peak hours may reduce risk. Place also matters; ticks are often found in grasses and other vegetated areas. Local health officials or guides may be able to point out areas with greater arthropod activity.
- **Wear appropriate clothing:** Travelers can minimize areas of exposed skin by wearing long-sleeved shirts, long pants, boots, and hats. Tucking in shirts and wearing socks and closed shoes instead of sandals may reduce risk. Repellents or insecticides such as permethrin can be applied to clothing and gear for added protection; this measure is discussed in detail below.
- **Check for ticks:** Travelers should be advised to inspect themselves and their clothing for ticks during outdoor activity and at the end of the day. Prompt removal of attached ticks can prevent some infections.
- **Bed nets:** When accommodations are not adequately screened or air conditioned, bed nets are essential to provide protection and to reduce discomfort caused by biting insects. If bed nets do not reach the floor, they should be tucked under mattresses. Bed nets are most effective when they are treated with an insecticide or repellent such as permethrin. Pretreated, long-lasting bed nets can be purchased prior to traveling, or nets can be treated after purchase.

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The permethrin will be effective for several months if the bed net is not washed. (Long-lasting pretreated nets may be effective for much longer.)

- **Insecticides:** Aerosol insecticides, vaporizing mats and mosquito coils can help to clear rooms or areas of mosquitoes; however, some products available internationally may contain pesticides that are not registered in the United States. Insecticides should always be used with caution, avoiding direct inhalation of spray or smoke.
- **Optimum protection can be provided by applying the repellents described in the following sections to clothing and to exposed skin.**

Repellents for Use on Skin and Clothing

CDC has evaluated information published in peer-reviewed scientific literature and data available from EPA to identify several EPA-registered products that provide repellent activity sufficient to help people avoid the bites of disease-carrying mosquitoes. Products containing the following active ingredients typically provide reasonably long-lasting protection:

- **DEET** (chemical name: *N,N*-diethyl-*m*-toluamide or *N,N*-diethyl-3-methyl-benzamide). Products containing DEET include but are not limited to Off!, Cutter, Sawyer, and Ultrathon.
- **Picaridin** (KBR 3023, aka Bayrepel, and icaridin outside the United States; chemical name 2-(2-hydroxyethyl)-1-piperidinecarboxylic acid 1-methylpropyl ester). Products containing picaridin include but are not limited to Cutter Advanced, Skin So Soft Bug Guard Plus and Autan (outside the United States).
- **Oil of lemon eucalyptus*** or **PMD** (chemical name: *para*-menthane-3,8-diol) the synthesized version of oil of lemon eucalyptus. Products containing OLE and PMD include but are not limited to Repel.
- **IR3535** (chemical name: 3-[*N*-butyl-*N*-acetyl]-aminopropionic acid, ethyl ester) Products containing IR3535 include but are not limited to Skin so Soft Bug Guard Plus Expedition.

***Note:** This recommendation refers to EPA-registered repellent products containing the active ingredient oil of lemon eucalyptus (or PMD). “Pure” oil of lemon eucalyptus (e.g., essential oil) is not the same product and has not received similar, validated testing for safety and efficacy, is not registered with EPA as an insect repellent, and is not covered by this recommendation.

EPA characterizes the active ingredients DEET and picaridin as “conventional repellents” and oil of lemon eucalyptus, PMD, and IR3535 as “biopesticide repellents,” which are derived from natural materials.