

Travel Health



Traveling to a foreign culture can be exciting; however, it can also be stressful. Homesickness, differences in food, time-orientation, communication, and language can all have a negative impact. Listed below are some tips to help you stay healthy while visiting abroad.



Risky Foods

Avoid the airline food if it comes from a country where food precautions are not used. To prevent food illnesses, it is also recommended that you avoid:

- Uncooked vegetables & fruits
- Unpasteurized milk & cheese products
- Undercooked meat, eggs, fish & seafood
- Cooked foods left standing out for 2+ hours

Beverage Safety



- Avoid tap water and ice cubes
- Do NOT swallow bath water
- Drink from unopened, sealed bottles
- Wipe cans clean before opening them
- When you drink coffee or tea, make sure they are steaming HOT!



Basic Health

- Wash your hands often
- Avoid touching your nose and mouth
- Try to limit contact with those who are sick
- Cover your sneeze and cough in your sleeve, not your hands

Medication



Pack some common over-the-counter medications and your written prescriptions in your carry-on bag.

- Bring prescription for your entire stay
- Bring copies of your written prescriptions
- Buy OTC drugs in travel sizes
- Keep all medications in original containers

Useful OTC Medications:

- Immodium
- Dramamine
- Benadryl
- Tylenol/Ibuprofen
- Robitussin/Cough Drops
- Hydrocortisone cream
- Aloe
- Eye Drops
- Murine ear drops
- Saline nasal spray
- Hibiclens antiseptic
- First aid kit



Insect Safety

Avoid mosquito, tick, and flea bites to prevent disease:

- Apply DEET or Picardin products to skin after applying sunblock
- Treat clothing and gear with Permethrin repellents 24-48 hours before packing to allow items to dry

Student Health Services

www.usf.edu/shs
(813) 974-2331

Travel Safety



General Safety

Talk to members of your support system at home about mutual expectation regarding keeping in touch while you are away.



Leave copies of your itinerary & your passport/visa with family or friends who are not traveling.

Take extra copies of your passport/visa with you.

Do not count or display your money in public.



Leave any expensive jewelry (or anything that looks expensive) at home.

Do what you can to blend in rather than draw attention to yourself.



Familiarize yourself with cultural practices in your destination country by reading, or talking to people familiar with the culture

Taxi Safety



Taxi drivers take passengers to isolated areas to rob or rape them.

Make sure you take marked, registered taxis only.

Try to share taxis with people you know rather than to go alone.

If you are alone in a taxi, text information about your destination and the taxi to a friend; then text again when you are safely at your destination.

Cruise Safety



Crimes, including rape, happen on cruise ships also.

Avoid being alone in isolated areas of the ship.

Do not socialize with members of the ship's crew.

Do not go into areas that are for the ship's crew only.

SHS Travel Clinic

Immunizations

Type	Cost/ Injection	#
Influenza	\$0	1
HEP A	\$75	2
HEP B	\$62	3
HEP A&B	\$119	3
HPV	\$147	1
MMR	\$70	2
Meningitis	\$128	1
Polio	\$65	1
TB	\$10	1
TDAP	\$42	1
TD	\$26	1
Oral Typhoid	RX Only	
Varicella	\$111	2
Yellow Fever	\$125	1

IMMUNIZATIONS TITERS

* One Blood draw \$7

HEP AB	\$18
Mumps	\$19
Rubella	\$10
Rubeola	\$13
TB T-Spot	\$48
Varicella	\$15

Other

Depo Provera	\$59/12 weeks
Bicillin L-A	\$90

* Titers require blood draw

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