

***ATTENTION LSSU STUDENT  
TRAVELERS***

**IMPORTANT SAFETY & HEALTH  
INFORMATION**





## RESEARCH before you go!

Look up the country you are traveling to:

- Find the **911** number for your country under Emergency tab.  
**Exp: Scotland & UK are 112 or 999**
- Travel alerts
- Travel warnings
- U.S. Embassy locations
- Visa info
- Crime & security info
- Health & medical considerations
- Drug penalties
- Localized hot spots

<http://www.travel.state.gov>

**Go to [www.travel.state.gov](http://www.travel.state.gov)**

travel.state.gov U.S. Passports & International Travel Students Abroad U.S. Visa Intercountry Adoption International Parental Child Abduction Search this site GO Contact Us

 **STUDENTS ABROAD**  
*go from here.*

TRAVEL DOCS HEALTH EMERGENCIES EMBASSIES SMART TRAVEL SPRING BREAK TO GO VOTING NEWS & ALERTS

**When you go abroad... go from here!**

When traveling abroad, you need more than just your backpack and flip flops. That's where we come in. We're here to make sure you're ready.

You might be interested in these:

-  smart traveler enrollment program
-  prepare your travel docs
-  know what to do in an emergency



## Enroll in STEP Program



Smart Traveler Enrollment Program  
A SERVICE OF THE BUREAU OF CONSULAR AFFAIRS  
U.S. Department of State



[www.travel.state.gov](http://www.travel.state.gov)

Sign In or [Create Account](#)   Forgot Username or [Password?](#)

### STUDENTS ABROAD

**TRAVELING?**  
Enroll a trip and get Travel Alerts and Warnings

**STAYING AT HOME?**  
Get Travel Alerts and Warnings

**FREQUENT TRAVELER?**  
Create an account

UPDATE  
IF YOUR  
PLANS  
CHANGE!

#### What is STEP?

The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

#### 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.



# Health Insurance is REQUIRED!

HTH Worldwide

Doctors, Hospitals and Pharmacies

Health and Security

Translation Guides

Featured Articles

News

Welcome students and scholars

Health plans and services for study abroad and international students.



### STUDENTS

[Login/Register](#) to access your benefits and services

[Enroll](#) in your school or organization's group plan

Enter your group access code below

**FLD-11348**

[-> Submit](#)

Need an individual plan?

[Get a Quote](#)

### ADMINISTRATORS

Protect your study abroad and international students and faculty with health plans and services from HTH Worldwide. [Learn more](#)

### STUDENT HEALTH CENTER

SHC Representatives [Sign In](#)

Health and Safety Resources

Affordable Care Act (ACA)  
Let Us Answer Your

Feeling Low or Anxious  
Here's Help

## Food & Related Issues

### Remember:

- It takes time to adjust to new food/diet
- Use your head, so you're not sick in bed:
  - Boil it, cook it, peel it, or forget it.
- Traveler's Diarrhea
  - Re-hydrate with water, fluids
  - Avoid milk products
  - A little Imodium D goes a long way
- Bloody Stools – seek help!





# Check out www.cdc.gov



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

SEARCH

CDC A-Z INDEX

Diseases & Conditions ▾ Healthy Living ▾ Travelers' Health ▾ Emergency Preparedness ▾ More CDC Topics ▾



## Preventing Teen Pregnancy: A key role for health care providers

More than **4 in 5** (86%) teens used birth control the last time they had sex.  
Less than **5%** of teens on birth control used the most effective types.

Recommend Tweet Share

### What's New



Outbreak

#### Ebola Update

CDC response to Ebola in United States and West Africa and what you need to know about Ebola.

More >



Outbreak

#### Listeria Outbreak

Learn more about outbreak of listeriosis linked to Blue Bell Creameries ice cream products.

More >



Feature

#### National Public Health Week

Learn about this year's public health themes and how CDC is working towards Healthiest Nation 2030.

More >



Feature

#### Thalassemia Awareness

Read Aaron's story and how people living with thalassemia can enjoy a full life.

More >

**EBOLA  
UPDATE!**

# Prescription Drugs

- **Medications**

- Pack and take enough of all medications for the duration of your travel
- Bring prescription with you!

- **Remember the 4 L's**

- **Labels**
  - Keep all original medication labels, packaging
- **Letter**
  - Bring a letter from doctor, or healthcare provider, for prescribed medications
- **Legal**
  - Make sure medications are “legal” in your destination
    - If not, are generic or alternative forms available?
- **Luggage**
  - Store medications in **carry-on** luggage





## Glasses and Contact Lenses

- Take along extras!
  - Glasses, contacts and cleaning supplies
- Bring a copy of your eye care prescription



### Regardless of the circumstances:

- **DO NOT TAKE PRESCRIPTION MEDICATIONS THAT WERE NOT PRESCRIBED TO YOU.**
- You do **NOT** know how medications will affect you.



## Health Review!

- Schedule a medical and dental check-up
- Get your shots
- Copy your health records and immunizations
- Check the CDC website
- Fill your med prescriptions & have enough for the trip
- Use common sense
- **Be safe and healthy!**



# Packing TIPS

- Pack less
  - General rule is to remove 1/3 of what you think you need
- Be sure you can handle all your luggage by yourself
  - Typically 2 suitcases maximum
  - Check weight limits with airline
- Avoid over-stuffing
- Label everything!
  - Suitcase, backpack, laptop, etc.
- Use TSA-approved locks



# Packing TIPS

- Pack like a pro
  - <http://www.youtube.com/watch?v=L5UlxHsgD58>
  - Roll clothes instead of folding
  - Place books, cameras and important items in the middle for better protection
  - Bring plastic bags to hold wet items, shoes, etc.
  - Pack footwear on top of other items in your suitcase
  - Stuff your shoes with socks and undies





**LAKE SUPERIOR**  
**STATE UNIVERSITY**



**KEEP  
CALM  
AND  
SAFE  
TRAVELS**