INTERNATIONAL EXPERIENCE
Health and Safety
BEFORE YOU GO
Preparation is the key to your health & safety
Nothing is “required”.  
Tetanus for all 
Hepatitis A for all 
Typhoid is advised for Vietnam travelers – $75 in Student Health 
Rabies shots NOT advised but never pet stray animals.
Departing and Arriving – Luggage

- Put your name, address and telephone numbers inside and outside of each piece of luggage. Do not identify your luggage with tags, student tags, stickers, etc.

- Use luggage tags to avoid casual observation of your identity.

- If possible, lock your luggage after TSA inspection.
Safety begins when you pack. Take only what you need.

To avoid being a target, *dress conservatively*. Adjust to local customs & dress.

A flashy wardrobe or one that is too casual can mark you as a tourist or foreign student.

Keep back packs and book bags in hand at all times.

Rain gear may be helpful
MONEY!

- Don’t carry large amounts of cash, but have **reserve cash** on your person, just in case.
- Use travelers checks or credit cards whenever possible.
- Record serial numbers of travelers checks & credit card account info. Store this info safely – online?
Medications & Personal Needs

- Make sure you have enough prescription medication to last your entire trip.
- Keep in their *original labeled containers* to avoid problems when passing through customs.
- Extra pair of prescription eye glasses
- Condoms – free in Student Health Center
- Tampons are not always readily for sale in other countries
Tickets, Passports & Phones

- Keep careful tabs on your plane, train, or bus tickets, they are as valuable as cash.
- Leave a copy of your passport at home with family.
- Be very aware of international data charges and your carrier limits. Watch for free Wifi.
- Do not bring any fake IDs.
Traffic Safety
Seat Belts!

- *Motor Vehicle Accidents are the leading cause of preventable deaths in travelers.*
- Wear your seat belt!
- Don’t assume you have the right of way as a pedestrian or bicyclist.
  - Local customs or laws regarding traffic may be different than what you are used to.
EXPECT the Unexpected and TRUST your Instincts!

- Don’t use short cuts, narrow alleys or poorly-lit streets.
- PLAN your route, in advance.
- Make sure others know about your whereabouts (faculty advisors, other students, etc.)
- Do not travel alone, but especially at night.
- Try to seem in control and assertive when you move about. Even if you are lost, act as if you know where you are going.
- Stay aware of your surroundings.
Street Safety

- Do not hitchhike.
- Know the closest hospital, police station and friendly embassy.
- Carry only what you need.
- Stay away from protest groups or any other political demonstrations.
- Carry your purse close to your body—don’t let it dangle.
- Carry your wallet in an inside coat or front pocket.
- Carry only the cash and/or credit cards, ID’s, etc. that you need.
- Don’t flash your cash or jewelry.
- Use a credential pouch or belly money belt.
Which Students are from Cal Maritime?
If you are confronted, don’t fight back. Your money, passport and property can be replaced but you cannot.

Beware of pickpockets.

They often have an accomplice who will
  ◦ Ask you for directions/time or jostle you.
  ◦ Distract you by creating a disturbance.
Skin wounds and Blisters

- Little scratches can turn into big infections
- Wash with soap and water, apply a dab of antibiotic ointment, dress

When to seek medical care:
- Animal/human bites
- Red streaking
- Swollen, red and hot
- Pain out of proportion to the wound site
Sunburn

- Apply sunscreen often
- How much sunscreen?
- Peak hours
- Broad brimmed hats & sunglasses
- Be careful with the spray sunscreens
- Sunscreen first, then insect lotion
- Aloe vera & ibuprofen can help
Cliff Diving

Speed threat
What you can’t see can hurt you
Risk of drowning due to disorientation
Pool dive injuries
70% – headfirst
18% jump/cannonballs
12% – flips or handstands
Halo Brace after Cervical Spine Injury
Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.

VIETNAM TRAVELERS should bring an insect repellent. Products with one of the following active ingredients will help prevent mosquito bites. Higher percentages of active ingredient provide longer protection.

- **DEET** – Sawyer or Ultrathon are good brands
- Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
- Oil of lemon eucalyptus (OLE) or PMD
- IR3535

Avoid scratching bug bites, and apply hydrocortisone cream or calamine lotion to reduce the itching.
Bed Bugs

- May be in 5 Star hotels, may be on your friends couch.
- May take up to 14 days to develop the bite marks – small, red welts.
- Most people do not realize they have been bitten until they see the bite mark.
- They do not spread disease. Just annoying.
- Keep suitcases closed when they are not in use and try to keep them off the floor. They love to travel with you.
- Remove clothing and personal items (such as toiletry bags and shaving kits) from the suitcase only when they are in use.
- If you get bit, try not to scratch.
Mild Dehydration Symptoms

- Thirst
- Dry lips/mouth
- Dry skin
- Headache
- Fatigue
- “Head rush”
- Loss of appetite
Sexually Transmitted Infections

- Local prevalence of HIV and other sexually transmitted infections varies.
- Hooking up with someone you don’t know and won’t likely see again increases your risk.
- Consistently and correctly using a latex or polyurethane condom decreases your risk.
- Access to medical care for STD’s may be challenging during international travel.
When to seek medical care

- Respiratory infection with high fever over 101 and/or shortness of breath
- Fever with a rash
- Any loss of consciousness
- Physical /Sexual Assault
- Persistent abdominal pain
- Significant injuries
- Urgent care clinics may be appropriate.
Illicit drug use is prevalent.

Netherlands has more liberal drug laws.

Europe “drinks more” but less binge drinking.

Less “date rape” incidents than USA.
Japan & Taiwan

- Japan is earthquake prone – know your hotel exits.
- Pseudoephedrine is illegal to bring in so be alert to cold medicines.
- Japanese Encephalitis vaccines are not recommended for this trip.
- Frequent shoe removals needed.
- Bathrooms are electronic.
Vietnam Travelers

- Bottled water
- Bottled beer/drinks
- No ice
- Straws are good
- Coffee/Tea ???
- Brushing teeth
- Boil it, bake it, peel it, cook it or forget it.
Vietnam Travelers

- Boil it, bake it, cook it, peel it or forget it!
- Basic Treatment:
  - Oral Rehydration Salt Solution
  - BRAT diet, Imodium AD or Pepto Bismal
- When to seek medical care:
  - Bloody diarrhea
  - Severe abdominal pain
  - Fever
  - Weakness, dizzy, trouble walking
TSGB Travelers

- Sick Bay available 24/7
- Risks are similar
- Sea sickness