

# GEO Health and Safety Travel Tips

*Please keep this page for your reference!*

The Global Education Office strongly recommends that all students going abroad actively seek information regarding health and personal safety resources in their host countries. You are encouraged to speak with your family physician and/or to campus Health Services about your plans so that you can be fully apprised of all personal health issues surrounding your international experience. The more informed you are, the more you will get out of your time abroad!

## Study Abroad Health and Safety Check List

- **Health Insurance:** If you have not already done so, please verify that your medical insurance that will cover you internationally and provide the Global Education Office with a photocopy of the insurance card. If you do not have adequate coverage overseas we suggest visiting <http://www.insuremytrip.com/> to find the best rates and policies for your specific needs.
- **Travel Assistance Services & Medical Evacuation/Repatriation Insurance:** Hampshire College is enrolled in **AIG/Travel Guard**, a membership that gives students studying abroad or traveling abroad on school-sponsored travel access to a full range of medical information, travel assistance and emergency services. For in-depth information on AIG/Travel Guard, please visit the International Travel section of the Five College Risk Management Website at <https://www.fivecolleges.edu/riskmgmt/intltravel>. Some of the important program features include:
  - Access to AIG/Travel Guard **information services** at no charge.
  - This plan also provides **medical evacuation and repatriation coverage**; if these services are needed they must be coordinated through the Five College Risk Management Office and AIG for coverage to apply.
  - Please note, use of actual medical services (beyond information services) or any service that requires an expenditure of funds to another party is not free.

We strongly recommend that students register with AIG/Travel Guard and sign up for e-mail updates and alerts for their destination. Registration is easy and free. Go to the AIG Benefits Solution portal ([http://www.aigbenefits.com/travel-Assistance\\_3538\\_435152.html](http://www.aigbenefits.com/travel-Assistance_3538_435152.html)) and click "register here." You will need to enter your name, e-mail address, organization name (Hampshire College) and policy number (**9125324**). You will receive an e-mail confirmation with a password. When you log in with the password provided, you will be asked to reset the password. Students must register in order to access the on-line resources. Registration is not required to access resources and assistance by telephone.

Contact Information: **AIG/Travel Guard** | Tel: +1-715-346-0859 | Email: [travelassist@aigbenefits.com](mailto:travelassist@aigbenefits.com)  
AIG Benefits Portal: [http://www.aigbenefits.com/travel-Assistance\\_3538\\_435152.html](http://www.aigbenefits.com/travel-Assistance_3538_435152.html)  
Policy Number: **9125324**

- **Travel Registration:** Students traveling on school sponsored travel are required to register their trips with GEO. Please contact the Global Education Office (GEO) for specific instructions on meeting this requirement.
- **Country Specific Health Information:** Inform yourself about important health and safety information regarding the country to which you are going. This includes getting necessary vaccinations and getting any medical prescriptions you may need prior to leaving. Information about vaccinations and other health and safety advice can be found through the Centers for Disease Control and Prevention (CDC) website under Travelers' Health (<http://wwwnc.cdc.gov/travel>).
- **Copies of Passport and Visas:** Keep copies of your passport and visa in a separate location from your actual passport. This proves invaluable in replacing your passport if it is lost or stolen.

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- **Register with the US Embassy/Consulate:** It is always advisable to register your travel with the US Embassy in the host country. Also be sure to keep contact information for the US Embassy/Consulate nearest to your travel destination.
- **Red Card:** Complete a Red Card with your own personal information and keep it in your wallet. Red Cards will be distributed to students during pre-departure orientation or when a GEO staff member signs your Field Study application.

## Helpful Tips for Medications

- Bring enough medication to meet your needs while you are away from home. If you will be traveling more than two months, check in advance to get an advance on your medications. If you are on Hampshire's student insurance plan through Gallagher Koster, call Gallagher Koster for assistance.
- Bring copies of your prescriptions so that you can fill them in the event that you lose your medications. Be aware that you may not be readily able to fill any prescription containing narcotics.
- Have a list of the generic names of your medications. If you have an emergency refill, physicians or pharmacists may be more likely to recognize the generic name.
- Consider using pill organizers
- Bring the name and phone number of your pharmacy as well as your doctor.
- Carry your medications on the plane; don't pack them in checked luggage.
- Be aware of any storage requirements of your medications (check with your pharmacist). If traveling by car, don't leave them in the car or trunk, especially in warm weather.
- Visit [www.tsa.gov/travelers](http://www.tsa.gov/travelers) to learn:
  - which medications and supplies you can transport by plane
  - how you should label and package medications for screening
  - screening and inspection options
  - how you can assist the process

## Travel Health Kit Consider packing a travel health kit, including:

- |                       |                              |                             |
|-----------------------|------------------------------|-----------------------------|
| • analgesic           | • motion sickness medication | • band-aids                 |
| • antiseptic ointment | • hydrocortisone cream       | • insect bite/sunburn cream |
| • antacid             | • insect repellent           | • cotton balls or swabs     |
| • diarrhea remedies   | • sunscreen                  | • tweezers                  |

## Helpful Websites Please visit the Health and Safety page on the GEO website for more web resources.

**Five College Risk Management** <https://www.fivecolleges.edu/riskmgmt/intltravel>

Information about AIG/Travel Guard services, benefits and fees as well as other important health and safety information while traveling.

**Vaccines & Travel Clinics** <http://www.InternationalVaccines.com>

For vaccine information, health risks, finding local travel clinics, and tips for protecting yourself from food- and water-borne diseases.

**US Department of State Travel Information** <http://travel.state.gov/index.html>

Provides travel warnings and "Consular Information Sheets" (basic historical and political summaries of each country) with updated information and status reports on country-specific situations. Also furnishes tips for traveling abroad and information on emergency services for U.S. citizens abroad. Go here to register your travel with the US Embassy.

**US Embassies and Consulates** <http://www.usembassy.gov/>

Information about US Embassies and Consulates in each country. Go here for Embassy/Consulate contact information and important country specific news and information.

**Center for Disease Control** <http://www.cdc.gov>

Contains information by geographic area for health, immunizations, current conditions, and precautions.

**World Health Organization** <http://www.who.int/en/>

Provides leadership on global health matters and includes information regarding H1N1 and other important health issues.