

USCAnnenberg

School for Communication
and Journalism

ANNENBERG INTERNATIONAL PROGRAMS HEALTH AND SAFETY

STAY INFORMED

Important Websites:

- ✕ Center for Disease Control (CDC) - Health Info for Travelers:
 - + <http://wwwnc.cdc.gov/travel/destinations/list>
- ✕ U.S. Department of State - Travel:
 - + <http://www.state.gov/travel/>
- ✕ Smart Traveler Enrollment Program (free):
 - + <https://step.state.gov/step/>

VACCINES (GENERAL)

- ✗ Determine which general adult immunizations you may need:
 - ✗ <http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html>
- ✗ The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel, and previous immunizations.
- ✗ To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect.
- ✗ Recommended immunizations:
 - ✗ <http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>

CRIME – PETTY THEFT

- ✖ Petty theft (eg rifled luggage in hotel rooms, or unattended shoes disappearing from the beach) is common for travelers, but preventative measures work wonders.
- ✖ Pickpocketing is also preventable: wear your bag in front of you on crowded buses and at busy markets, and only take what money you'll need.

CRIME - ASSAULT

- ✖ Assault is a traumatic event that can occur in any environment, whether in the U.S. or abroad.
- ✖ If you are assaulted, please remember that it was not your fault, and you're not alone. You should do the following if you are a victim of an assault:
 - ✖ 1. Go to a safe place
 - ✖ 2. Don't shower or change clothes
 - ✖ 3. Get help from a trusted person
 - ✖ 4. Inform your Faculty Director or onsite administrator
 - ✖ 5. Follow the guidance of the Faculty Director or onsite administrator for medical, psychological, and legal support

ALCOHOL, DRUGS, AND HIV

- ✗ When studying abroad, you may be going to a location where you will be of legal drinking age in that country.
- ✗ Remember that “drugging” is not at all uncommon in situations where alcohol is involved. To try to prevent this, always try to buy your own drinks.
- ✗ In general, avoid overindulging which is a real danger in a foreign country where the beer may be stronger and cheaper.
- ✗ Drug laws are often stricter outside U.S. borders, and can be grounds for a jail sentence or even the death penalty.
- ✗ To avoid infections such as HIV and viral hepatitis do not share needles for tattoos, body piercing, or injections.
- ✗ To reduce the risk of HIV and other sexually transmitted diseases always use latex condoms.

SMART PACKING - PRESCRIPTIONS

- ✗ Refill prescription medicines you take every day.
 - + Make sure you have enough to last during your trip.
 - + Keep them in their original prescription bottles
 - + Examples: allergy shots, eye glasses, contacts, birth control
- ✗ Note: Some drugs available by prescription in the US are illegal in other countries.
 - ✗ If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

SMART PACKING – INSECT REPELLENT

To prevent insect/mosquito bites, bring:

- + Lightweight long-sleeved shirts, long pants, and a hat to wear outside, whenever possible.
- + Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
- + For detailed information about insect repellent use, see [Insect and Arthropod Protection](#).

GENDER ISSUES

- ✘ Educate yourself about cultural gender roles within your host community in order to make sensitive choices about how you will behave as a woman or a man while abroad, and to understand how your personal views and opinions may be interpreted by your host culture.
- ✘ Although men are also the targets of muggings and other crimes, women are often seen as easy or fragile victims and are more often the targets of sexual assaults. Therefore, women should remain extra vigilant while abroad and do their best to prevent themselves from ending up in a possibly threatening situation.

GENDER ISSUES (CONT.)

- ✘ American women have a reputation in many countries as being looser, more carefree, and often more relaxed with their personal boundaries (i.e. “easy”). This opinion is often created/reinforced by American television shows, music, and films.
- ✘ To find out more information on being an American woman abroad, and to see past study abroad female students’ comments please visit:

<http://internationalcenter.umich.edu/swt/diversity/women.html>

LEGAL ISSUES

- ✗ If you ever get into legal trouble abroad...
- ✗ **A U.S. Consular officer can:**
 - ✗ Visit you in jail after being notified of your arrest
 - ✗ Give you a list of local attorneys
 - ✗ Notify your family or friends and relay requests for money or other aid with your authorization
 - ✗ Intercede with the local authorities to ensure that you are treated humanely and ensure that your rights under local law are fully observed

LEGAL ISSUES (CONT.)

- ✗ The U.S. Embassy personnel also provide routine citizenship services (such as passport replacement) and emergency assistance for American citizens abroad, and provide assistance to Americans abroad and their families in cases of death, serious medical emergency, and legal difficulties.
- ✗ **The U.S. Consular officer cannot:**
 - ✗ Get you out of jail
 - ✗ Represent you at trial or give legal counsel
 - ✗ Pay legal fees or fines with U.S. government funds

CITED SITES

- ✕ Northwestern Health and Safety Abroad
 - + http://www.forumea.org/toolboxdocs/Health_and_Safety_Abroad-Northwestern.pdf
- ✕ WorldNomads.com
 - + <http://adventures.worldnomads.com/destination/56/travelguide/4/Cuba/Dangers-and-Annoyances.aspx>