



**USF Health International  
University of South Florida**

**International Travel Preparation Packet  
for  
USF Health Students**

## INTERNATIONAL TRAVEL PROCEDURES

*An organized international health experience is essential for optimal learning. As a health student traveling abroad you will encounter many opportunities and many challenges. We hope these travel guidelines will be a resource to you as you plan and prepare for your international field experience, clinical elective, research project, mission trip or other international experiences.*

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### 6 months or sooner before traveling abroad

- \_\_\_\_\_ Review International Health Experience (IHE) Guidelines.
- \_\_\_\_\_ Think about your personal timeline and course schedule.
- \_\_\_\_\_ Schedule an appointment with your Faculty Mentor/Advisor to learn about opportunities available and sources of funding.
- \_\_\_\_\_ Begin research of country(ies) and check the State Department Web site (located on the last page of this packet) for Travel Advisory/Warning. If there is a **State Department travel advisory/warning**, contact your college's International office immediately as there may be limitations to your travel to that country.
- \_\_\_\_\_ Update or obtain a passport, if needed.
- \_\_\_\_\_ Begin immunizations, if needed. Obtain yellow card.
- \_\_\_\_\_ Arrange language training, if needed.
- \_\_\_\_\_ Regularly follow-up with your academic advisor or IFE advisor, international elective/scholarly project advisor. Discuss special project options.
- \_\_\_\_\_ Familiarize yourself with the application process.
- \_\_\_\_\_ Keep on schedule with immunizations that are given in a series.
- \_\_\_\_\_ If you will be working on a research project, begin working on IRB materials.

### 1-5 Months before traveling abroad

- \_\_\_\_\_ Complete all required travel documentation forms. Submit with original signatures to your College's International Office.
- \_\_\_\_\_ Obtain a Visa if needed.
- \_\_\_\_\_ Obtain CISI Travel Insurance through the Education Abroad office.
- \_\_\_\_\_ Make copies of all forms for yourself.
- \_\_\_\_\_ If doing a clinical rotation or other course for credit, register for the elective course and verify you have met registration requirements with your International advisor

## 0-1 Month before Field Experience

Plan for appropriate clothing (for culture and for climate), medications (for prevention and for treatment), water purifier, if indicated, gifts, required travel documents.

## PRE-TRAVEL CONSIDERATIONS

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**Get a Passport:** Make sure you have a **signed, valid passport** that **does not expire** while you are abroad. If you have a passport, keep in mind that some countries require that your U.S. passport be valid at least 6 months or longer beyond the dates of your trip. Fill in the emergency information page of your passport and photocopy the vital information from the front of your passport and keep separately from your passport. Make sure your passport has at least two blank pages. For more information, visit: <http://travel.state.gov/passport>

**Get a Visa (if required):** Visas are not the same as passports. Not all countries require visas but when needed it may be a long process and should be started early (at least 3 months prior to your departure). Check visa requirements for the country to which you are traveling. If you hold U.S. citizenship, certain countries do not require an additional business/tourist visa. When you apply for your visa be sure it covers a period longer than your stay in the host country. A natural disaster, an illness, a missed train or plane connection could cause over-stay on one's visa. Always carry additional passport pictures. Some countries might require a transit visa and expect a picture from you.

The U.S. Bureau of Consular Affairs website provides information on entry requirements of various countries: [http://travel.state.gov/travel/tips/tips\\_1232.html#requirement](http://travel.state.gov/travel/tips/tips_1232.html#requirement)

**Medical and Evacuation Insurance - The State of Florida requires that all students studying abroad maintain adequate medical and evacuation insurance for illness and injury.** Before departure, students must show proof of existing medical and evacuation insurance coverage, which is valid outside the US. The USF Education Abroad Office has a contract with Cultural Insurance Services International (CISI) and all USF students are required to purchase CISI Insurance for all University related international travel. This policy will provide international medical coverage and medical evacuation coverage for USF faculty, staff and students. This plan is \$50 per month and can be purchased by contacting the USF Education Abroad Office at: (813) 974-4314.

Please select the link below for the Education Abroad Office and travel insurance forms. Read the forms carefully, complete and sign them. Make copies for yourself and for college's International office advisor. Submit the original completed and signed forms to the USF Education Abroad Office.

<http://educationabroad.global.usf.edu/index.cfm>

If you plan to travel before or after your academic program, it is important that you purchase additional medical and evacuation insurance to cover the time period(s) outside your academic program.

**Immunizations/Vaccinations** – Immunizations/vaccinations are another consideration where early planning is necessary. Many countries require certificates of vaccination for entry. Some vaccines, such as yellow fever, are not readily available, and some vaccines are given in series, sometimes months apart. The Pinellas and Hillsborough County Health Departments offer foreign travel services. Please review and fulfill host country's entry requirements for required and recommended immunizations, medications and HIV/AIDS and other testing. This information can be found at the following websites:

CDC: <http://wwwnc.cdc.gov/travel/>

U.S. Department of State: <http://travel.state.gov/content/passports/english/go/health.html#healthy.html>

WHO: <http://www.who.int/ith/en/>

**Malaria Prophylaxis: Is malaria prophylaxis recommended by the CDC for the country to which you are travelling?**

Which medication will I be taking? Who is prescribing this medication?

Chemophophylaxis Resources:

<http://wwwnc.cdc.gov/travel/yellowbook/2010/chapter-2/malaria.aspx> or (877) 394-8747

Acute Dx/Tx: (770) 488-7100

**HIV and other Blood-borne Infection Universal Precautions**

Update your knowledge about Universal Precautions against HIV and other blood-borne infections. Information about this can be found at:

CDC: <http://www.cdc.gov/hai>

**Register with the State Department so we can better assist you in an emergency:** Register your travel plans with the State Department at <https://travelregistration.state.gov>. The State Department will assist in contacting you if there is a family emergency in the U.S., or if there is a crisis where you are traveling. **Please make sure that you check the box that indicates that the State Department can release information to USF Health International in the event of an emergency.**

**Leave copies of itinerary and passport data page:** Leave copies of your itinerary, passport data page and visas with family or friends and your Clinical Elective Advisor, so you can be contacted in case of an emergency.

**Obtain a quad band phone and program it with the acronym ICE:** "In Case of Emergency" and program in the USF emergency number or your stateside contact. This information can be found on the Education Abroad website: <http://global.usf.edu/educationabroad/out-safety.php>

**Familiarize yourself with local conditions, laws, and religious/cultural issues:** While in a foreign country, its rules are sovereign and you are subject to its laws. Inform yourself about safety, legal, cultural, religious, gender and environmental issues regarding your host country. The U.S. Department of State Travel and Living Abroad website provides information on some of these issues, including information on travel advisories: <http://www.state.gov/r/pa/ei/bgn/>

**U.S. Embassy Contact in Destination Country**

Find out the contact information for the U.S. Embassy in your destination country. This information can be invaluable in an emergency. The contact information for U.S. embassies abroad can be found at:

<http://usembassy.state.gov/>

My embassy contact number is: \_\_\_\_\_

**Avoid being a target of crime:** Do not wear conspicuous clothing or jewelry and do not carry excessive amounts of money. Do not leave unattended luggage in public areas and do not accept packages from strangers. Watch your laptop and cell phone carefully and secure your passport.

### **Recommended Packing List for Medical/ Health Personnel**

- \_\_\_\_\_ Labeled Medications
- \_\_\_\_\_ Xerox of Passport
- \_\_\_\_\_ Prescription Eyeglasses
- \_\_\_\_\_ Physician's Phone Number
- \_\_\_\_\_ Documentation of Medical and Evacuation Insurance
- \_\_\_\_\_ Vaccination Record
- \_\_\_\_\_ Trip Insurance
- \_\_\_\_\_ International Driver's License
- \_\_\_\_\_ Rubber Gloves
- \_\_\_\_\_ Masks
- \_\_\_\_\_ Eyeshades
- \_\_\_\_\_ Neck Cushion
- \_\_\_\_\_ Ear Plugs
- \_\_\_\_\_ Carry-on with underwear and coat
- \_\_\_\_\_ Hat
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Dr. Scholl's Inserts
- \_\_\_\_\_ Blister Pads
- \_\_\_\_\_ Sewing Kit
- \_\_\_\_\_ Label outside of passport with passport #

- \_\_\_\_\_ Rain gear and/or small umbrella
- \_\_\_\_\_ Money belt/pouch
- \_\_\_\_\_ White coat, stethoscope, reflex hammer, pen light (if doing a clinical rotation)
- \_\_\_\_\_ International cell phone
- \_\_\_\_\_ Cell phone/camera charging adapter

### **Suggested Medications**

*Source:* "Travel Medicine and Vaccination" Bret A Nicks, MD, Department of Emergency Medicine, Wake Forest University Health Sciences. <http://emedicine.medscape.com/article/811510-overview>  
*Accessed October 28, 2011*

### **Prescription Items:**

- Diarrhea Treatment:** Antimotility agent, Immodium, and/or an antibiotic Bactrim, Doxycycline, Ciprofloxacin may be prescribed for *treatment*. It is not recommended that antibiotics be used for *prevention* of diarrhea.
- Antibiotics:** An additional antibiotic may be useful for travelers at risk for skin, urinary tract, or upper respiratory infections. Erythromycin, Cefuroxime Axetil, Bactrim, Augmentinor Ciprofloxacin may be prescribed for this purpose.
- Anti-Malarial Prophylaxis:** There are numerous choices for anti-malarial prophylaxis. The appropriate choice of medication will be based on a number of factors including location of travel and duration of travel. Consult a physician for specific advice regarding anti-malarial prophylaxis.
- Anti-Nausea Treatment:** Travelers who experience motion sickness may be prescribed a medication for this: Meclizine or Transderm-Scopolomine patches.
- Jet Lag:** In some cases a short-acting sleeping medication may be helpful in treating sleeping problems associated with jetlag.
- Allergies:** Ana-Kit, Insect Sting Treatment Kit, or Epi Pen should be carried by travelers with severe allergies to stinging insects (bees, wasps, yellow jackets, etc.).
- Mountain Sickness:** Diamox has been shown to be effective in preventing some cases of high altitude problems. Other medications may be appropriate depending on the nature of your trip.

### **Non-Prescription Items:**

- Pain Medications:** Aspirin, Tylenol or Ibuprofen (Advil, Nuprin) for general relief of minor aches, pains or headaches.
- Antibiotic Ointment:** Neosporin or Bacitracin for topical application on minor cuts and abrasions. Anti-fungal powder or cream for travelers prone to athlete's foot and/or other fungal skin

problems. Other medications may be appropriate depending on the nature of your trip.

Cough Suppressant:	Robutussin DM, throat lozenges.
Hydrocortisone Cream:	Cort-Aid for topical relief of itching due to insect bites or sunburn.
Insect Repellent:	Ultrathon, 24 Hour Guard for topical application.
Insect Spray:	For use in unscreened rooms and other areas: Permethrin spray, and for treating outer clothing: Permanone Tick Repellant.
Sunscreen:	Any brand with an SPF greater than 15.
Powdered electrolyte Mix:	Pedialyte, Exceed, IAMAT Oral Rehydration Salts to be mixed in safe water for replacement and rehydration during severe diarrhea.
Betadine or Hibiclens:	Solutions for cleansing of minor cuts and abrasions.
Dental Emergency Kit:	Oil of cloves, dental floss.
Hand Sanitizer	
Eye drops/rewetting drops	

**Additional Resources:**

- Students Abroad ( <http://studentsabroad.state.gov/> )
- International Travel ( [http://travel.state.gov/travel/travel\\_1744.html](http://travel.state.gov/travel/travel_1744.html) )
- Travel Warnings ( <http://travel.state.gov/content/passports/english/alertswarnings.html> )
- Tips for Students ( [http://travel.state.gov/travel/tips/tips\\_1232.html#student\\_travel](http://travel.state.gov/travel/tips/tips_1232.html#student_travel) )
- Online Registration with U.S. Embassies Abroad ( <https://travelregistration.state.gov/ibrs/ui/> )
- Applying for your U.S. Passport ( <http://travel.state.gov/passport> )
- Safety Issues ( [http://travel.state.gov/travel/tips/safety/safety\\_1180.html](http://travel.state.gov/travel/tips/safety/safety_1180.html) )
- Health Issues ( [http://travel.state.gov/travel/tips/tips\\_1232.html#health](http://travel.state.gov/travel/tips/tips_1232.html#health) )
- Emergencies and Crises ( [http://travel.state.gov/travel/tips/emergencies/emergencies\\_1212.html](http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html) )
- CIA World Fact Book  
( <https://www.cia.gov/library/publications/the-world-factbook/index.html> )
- Culture Etiquette Guides  
( [www.kwintessential.co.uk/resources/country-profiles.html](http://www.kwintessential.co.uk/resources/country-profiles.html) )  
( <http://www.culturecrossing.net> )
- US State Department ( <http://www.state.gov> )
- US Overseas Embassy/Consular Offices Contact Information ( <http://www.usembassy.gov/> )
- Immunization/Outbreaks (CDC) ( <http://www.cdc.gov/travel/> )
- Pre-Departure Information ( <http://global.usf.edu/educationabroad/out-predepart.php> )
- Travel Immunization (Hillsborough County)  
<http://hillscountyhealth.org/immunizations/travel.htm>
- Travel Immunization (Pinellas County) ( <http://www.pinellashealth.com/immushotstravel.asp> )
- USF World ( <http://global.usf.edu/> )
- USF Health International <http://health.usf.edu>