Travel Smart…

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International SOS
Medical Issues…
What can go wrong?

- Malaria
- Dengue
- Yellow Fever
- Meningitis
- HIV / STIs
- Tuberculosis
- Food & Water Borne Illnesses
- Snakes and Scorpions
- Motor Vehicle Accidents
- Influenza
- Psychological Events
- Drug / Alcohol Abuse
Malaria

- Awareness

- Bite Prevention — “As medication is not 100 percent effective, preventing mosquito bites is still very important.”

- Chemoprophylaxis

- Diagnosis and Treatment

- Vector Control
Avoid fruits, vegetables, and meats that are not thoroughly cooked (or peeled by you).

Avoid lukewarm or re-warmed/buffet foods.

Drink only bottled, boiled, or chemically treated water and beverages (and ice).

Avoid dairy products unless pasteurized.

If you get sick, start treatment immediately.

Avoid “American” food.

#1 request for Medical advice is for Traveler’s Diarrhea.
Motor Vehicle Accidents

- #1 cause of death in Americans overseas
- #1 source of trauma related medevacs

Safe Driving Principles
- Wear seat belts in cars, taxis and buses
- Avoid driving?
- Minimize night driving
- Vehicle maintenance
- Headlights
Rx Tips

- Carry copies of current prescriptions (meds and glasses)
- Carry medicines in original containers (Rx and over the counter meds)
- Bring more than you will need
- Place critical medicines in carry on bag
- Complete Emergency Record
Medical Issues Summary

- Lots of things can go wrong.
- Prevention is key:
  - Pre trip planning (immunizations, local medical resources?)
  - Local Ambulance service?
  - Personal Hygiene
  - On site medical support and response (first aid training?)
  - Have a location specific Crisis Management Plan
Security Issues

- Petty Crime
- Terrorism
- Political unrest
- Kidnapping – “Express”

“Other” Issues to watch for
- Protests / Strikes
- Elections
- Natural Disasters
Street Smarts

- Travel in groups – watch out for each other
- Avoid walking around the city unless you are confident of the security situation.
- Be alert to your surroundings
- Stay in well lit areas after dark
- Walk facing oncoming traffic
- Look both ways when crossing the street
- Avoid potential hiding spots bushes, alleys, etc.
Using the ATM

- Avoid use after dark
- If you don’t like the situation, don’t stop
- Have your bank card ready
- Don’t enter your PIN if someone can see the screen
- Take your card and receipt and put your money away immediately.
Personal Security Measures – High Risk locations

- Cover the exterior of your passport and memorize the number and expiration date
- Carry a “robbery wallet”
- Never loiter in the lobby, in front of the air terminal, etc.
- Don’t identify luggage with a business card or anything that will disclose your nationality
- Use hotel rent cars or limos with trusted drivers, avoid cabs
- In high risk areas, ensure that you have guaranteed communications to a response element / team.
- Employ “Journey Management” for travel in high risk areas
- Keep mobile charged and program key numbers
Consider carrying these…
General Tips

- Carry copies of travel documents
- Program important numbers in your cell
- Register your travel in the Personal Locator and complete Emergency Record
- See your Dr. or Dentist before you go
- Make sure immunizations are up to date (birthday)
- Give your itinerary to a family member or admin.
- Carry your Intl.SOS card!
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Please review the Country Guides & Security Reports to determine if the country you are traveling to is considered to be High Risk. If the country is listed as a High Risk Medical or Security Location, please contact either your Institution or Agency Representative or the System Risk Management office at (979) 458-6330 prior to departure.

Whenever you travel away from your country of residence, make sure you have your International SOS card handy. Also, make sure you review important travel advice before your departure.
Questions?

Thank you!!