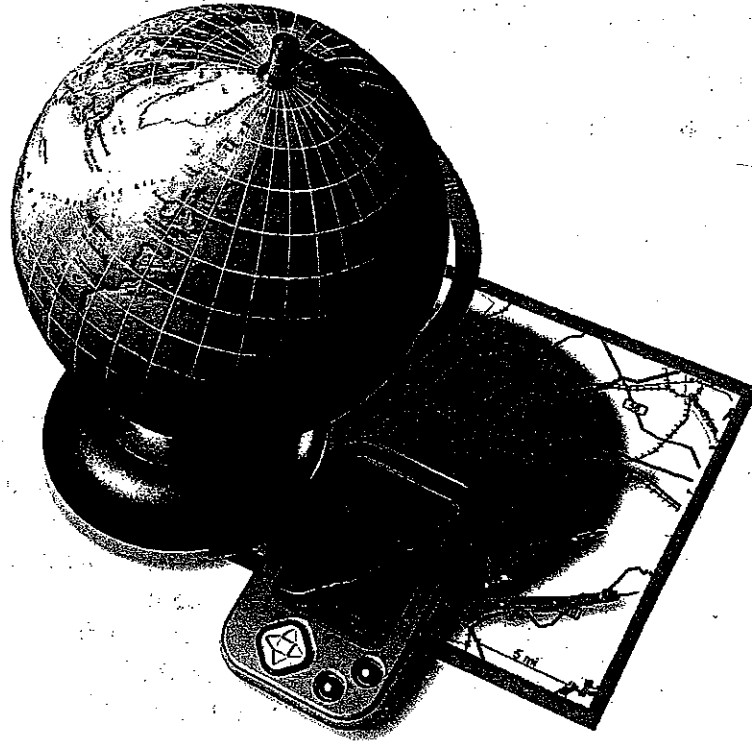


TRAVEL HINTS



BEFORE YOU TRAVEL ABROAD:

1. The Campus Health Center has information about required and recommended travel immunizations. Since your immunizations may take 2-6 months, be sure to allow enough time to complete them. Be sure to bring your childhood immunization record which we will update as needed. These include Tetanus-Diphtheria, Polio and Measles Mumps-Rubella. Measles is 10,000 times more prevalent outside the U.S. College age travelers are at greater risk if they have not had 2 shots since their first birthday. We also recommend Hepatitis A and B for all travelers, and others that will be determined by your destination.
2. If you have any physical condition that may require emergency treatment, carry this information in the form of a tag, card, or bracelet. If you take any medications regularly, you should have a note from your doctor stating what you are taking and why, and carry these in your carry-on luggage.
3. You will be able to find travel and medical insurance information, including evacuation insurance under the following website: www.travmed.com There is also a company called International SOS which can also be contacted at 800-523-8930.
4. It is important that you bring all over-the-counter medications with you that you will need for the whole trip. Finding your medications in a foreign country can be frustrating, and there may be different ingredients and different packaging in other countries.
5. Make certain that you have an extra pair of glasses or contact lenses and a copy of lens prescription.

Care in selecting food and beverages may minimize the risk for acquiring travelers' diarrhea. Travelers should only eat foods that are freshly cooked and served piping hot. Avoid water and beverages that are diluted with water (reconstituted fruit juices, ice milk), and foods washed in water, such as salads. Other risky foods include raw or undercooked meat and seafood, and raw fruits and vegetables. Safe beverages include those that are bottled and sealed or carbonated. Boiled beverages (rolling boil 8-10 minutes) and those appropriately treated with iodine or chlorine might also be safely consumed. Avoid street vendors and buffet items, along with unpasteurized milk. Do not brush your teeth with unsafe water.

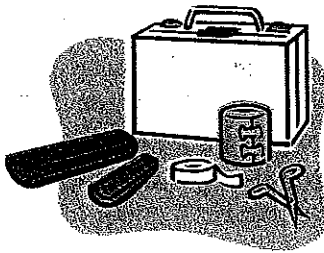
CONTENTS OF A BASIC MEDICAL KIT FOR TRAVEL:

First Aid items:

- Antibiotic cream (such as Neosporin)
- Antiseptic wound cleanser
- Bandages, Band-aids
- Insect Repellent
- Simple fever reducer (Tylenol or Motrin)
- Throat lozenges

Additional items according to destination and individual needs:

- Ace bandage (3-4 inches)
- Allergy relief pills (antihistamines)
- Antidiarrheal medication
- Antifungal powder
- Anti-malarial medication
- Contraceptives
- Emollient eye drops
- Epi-pen for bee-allergic travelers
- Insect bite treatment
- Laxatives
- Nasal decongestant



- Oral rehydration salts
- Scissors and safety pins
- Sterile dressing
- Sterile needles and syringes
- Thermal Blanket
- Thermometer
- Water disinfectant-purification tabs
- Whistle
- Other items to meet foreseeable needs

A WORD OF ADVICE CONCERNING BODY LANGUAGE:

Many hand or body gestures that would be acceptable and even commonplace in America, are considered rude, obscene, or insulting in other parts of the world. For example, the "okay sign" of linking the forefinger and thumb is just as offensive in countries such as Russia, Greece, Spain, Norway, and Turkey, as the extended middle finger is in the United States. Just remember, there are no "safe" gestures.

THE REASONABLE MEDICINE CABINET

The following is a list of medications and supplies to be considered for common medical ailments. This list is not indicated as a self-treatment center or as a substitute for medical advice. It is meant only as a guide used as an adjunct to medical advice.

<u>AILMENT</u>	<u>MEDICATION</u>	<u>ADULT DOSE</u>	<u>COMMENT</u>
Allergies	Chlortrimeton	4-12 mg. every 12 hrs.	Relieves symptoms
Athlete's foot	Claritin	10 mg once daily	" "
	Benadryl	25 mg at bedtime	Sedates
	Tinactin powder	Apply twice daily	Dry feet and change socks daily
Bee Stings	Lotrimin	Apply 3 X daily	Remove stinger Apply ice
	Lamisil	Apply 2 X daily	
	Cortaid or Cortisone 10	Apply 2-3X daily	
Colds	Sudafed	1 tab every 12 hours	Decongestant
	Contac	1 tab every 12 hours	"
	Zicam nasal spray	Use twice daily	Zinc lessens symptoms
Cough Sore Throat	Robitussin DM	As directed	Salt water gargles
	Chloraseptic lozenges		
	Zinc lozenges		
Constipation	Sucrets		For regularity eat plenty of fiber and drink ample fluids
	Milk of Magnesia	1-2 tsp. at bedtime	
	Dulcolax	2 tabs in single dose once daily	
Diarrhea	Senokot	2 tabs every 6 hrs. until relief, maximum 8/day	Clear liquids(24-36 hours)
	Immodium AD	2 at onset, up to 5/day	
	Pepto-Bismol	2 Tbls every 30 min. Max of 8 doses	
Headache	Tylenol	1-2 tabs every 4 hours	
Insect Bites	Motrin	600 mg every 6 hours	
	Ultrathon	Apply every 9-12 hrs	Preventative
Itching	Permethrin	Apply to clothes, netting	"
	Cortisone 10	Apply to bites as directed	
	Caladryl	As directed	
	Triamcinalone 1%	Apply 2-3 times daily	
Minor cuts, Scrapes, abrasions	Baking soda	Use ½ cup in tub	
	Soap and water	Wash thoroughly	Antiseptics will assist in preventing infection
	Bacitracin		
Motion sickness	Neosporin		
	Dramamine	1 tab 30-60 min prior to departure	

Pain	Tylenol	see Headache	Take anti-inflam-
	Ibuprofen (Motrin)	600 mg 3 times daily	matories with food
Poisoning (oral)	Ipecac (do not take unless instructed)		Call Poison Control
Toothache	Ibuprofen (Motrin)	600 mg 3 times daily	Take with food
	Ambesol		Local anesthetic

SOME COMMONLY USED MEDICATIONS:

BRAND	GENERIC NAME
Benadryl	Diphenhydramine Hydrochloride
Tylenol	Acetaminophen
Sudafed	Pseudoephedrine Hydrochloride
Neosporin	Polymyxin B Sulfate-Bacitracin Zinc-Neomycin Sulfate
Pepto-Bismol	Bismuth Subsalicylate
Vibramycin	Doxycycline
Bactrim	Trimethoprim-sulfamethoxazole
Aralen	Chloroquine Phosphate
Fansidar (Anti-Malarial)	Pyrimethamine & Sulfadoxine
Chlor-Trimeton	Chlorpheniramine
Lariam	Mefloquine

DRINKING WATER PURIFICATION:

1. Boiling is the most reliable method to make water safe for drinking. Water should be brought to a vigorous rolling boil for 10 minutes and allowed to cool to room temperature. Ice should not be added. Adding a pinch of salt to each quart or pouring the water several times from one clean container to another will improve the taste.
2. Chemical disinfection with iodine is an alternative method of water treatment. Use 2% tincture of iodine and add 5 drops to clear water and 10 drops in cold or cloudy water, per quart or liter of water. Water must stand for a minimum of 30 minutes before it is safe to use. Very turbid or cold water should stand at least 15 hours before drinking. Tablets such as Globaline, Potable-Aqua, or Coghlan's are available from pharmacies and sporting good stores. Follow the manufacturer's instructions, but be sure to double the number of tablets if the water is cold or cloudy. Do not use water treated with iodine more than a few weeks.
3. Chlorine can be also used for chemical disinfection. Chlorox (4-6% chlorine) can be added to clear water (2 drops) or cloudy water (4 drops), per quart or liter of water. Use 10 drops per liter when the chlorine strength is unknown. This produces less consistent levels of disinfection, however.

Portable filters provide various degrees of protection. The best is a .1 micron filter, which removes bacteria, and protozoa, but not viruses. This is also a reverse osmosis filter, and has been tested and certified by the National Sanitation Foundation. These filters should remove Giardia and Cryptosporidium protozoa. To kill viruses, use iodine or chlorine after filtration.

TRAVELERS' DIARRHEA

Travelers' diarrhea is a health problem resulting from bacterial contamination of ingested food and water, although it can be caused by viruses, parasites, or fungal agents. It occurs during or shortly after travel, most commonly affecting persons traveling from an area of more highly developed hygiene and sanitation to a less developed one. It affects up to 80% of travelers to high-risk destinations. This would include most of Asia, the Middle

East, Africa, and Central and South America. Intermediate-risk countries include Eastern Europe, South Africa, and some of the Caribbean Islands. Low risk countries include the USA, Canada, New Zealand, Japan, and Northern and Western Europe.

Even a brief bout of severe diarrhea may spoil a holiday or ruin a business trip. It may be accompanied by nausea, vomiting and fever. You should consult a physician if you have the following: severe dehydration (dry skin, weakness, dry lips), blood in the stool, fever, or diarrhea that lasts more than 3 days.

Most diarrhea attacks are self-limiting, with recovery in a few days. It is especially important, especially for children, to avoid becoming dehydrated. As soon as diarrhea starts, more fluids should be taken, such as bottled, boiled or treated water, or weak tea. If diarrhea continues for more than one day, oral rehydration salts (ORS) solution should be taken and a "BRAT" diet implemented. You can obtain this solution in a small packet at the local drugstore, for about a nickel. It is put out by the World Health Organization. It should be consumed or discarded within 12 hours (24 hours if refrigerated), once it is prepared. The "BRAT" diet includes foods such as bananas, rice, applesauce and white toast. Avoid dairy, citrus and spicy foods until diarrhea has subsided.

If ORS solution is not available, use a substitute containing 6 level teaspoons of sugar, plus 1 level teaspoon of salt in 1 litre of safe drinking water. You can also eat saltine crackers and safe water.

Treatment of severe diarrhea can include Pepto-Bismol, taken as 1 oz. of liquid or 2 chewable tablets every 30 minutes for 8 doses. This will decrease stool frequency and shorten the duration of illness. Do not use Pepto-Bismol if you are on aspirin therapy, anti-coagulants or have kidney impairment. Avoid in children with viral infections, such as flu or chickenpox. Immodium AD can also be used, taking 2 pills at the first sign of diarrhea, followed by 3 more in one day (taken after each loose stool). Do not use more than 5 in one 24 hour period.

Antibiotics may be prescribed for severe diarrhea. An antidiarrheal medication for symptomatic relief may also be prescribed at the same time.

Prophylactic antibiotics are usually not recommended, but may be considered for short-term travelers who are high-risk (such as those who are immunosuppressed) or are taking critical trips during which even a short bout of diarrhea could impact the purpose of their trip. They may also be given if there are no medical facilities in the area of travel.

ATTENTION INTERNET USERS

The Centers for Disease Control and Prevention (CDC) now has travelers' health information on the Internet. It contains important vaccine requirements and recommendations, malaria risk and drug information, food and water precautions, outbreak information, and other prevention behaviors for travelers. The following addresses provide access to the TRAVEL text:

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

Choose the Travelers' Health menu to access guidelines for international travel.

OR: <ftp.cdc.gov>