



## **A FEW ESSENTIAL HEALTH TIPS WHEN IN A FOREIGN COUNTRY**

- If injured or sick, ask for a copy of the medical bill in English, along with the amount converted to American currency.
- Make sure you have health insurance coverage through your school or family plan. Carry necessary policy information with you.
- Know the location of the nearest health care facilities if you are staying in an area for an extended period of time.
- Plan ahead and get recommended immunizations early.
- Pack a first-aid kit to treat minor health problems and take along any essential medicines you need. Any prescription medications should be kept in their original containers. You should also bring copies of your prescriptions and a list of the generic names of the medicines you are taking. Also, some controlled and injectable medications are illegal in some countries. Check out these two websites for more detailed information:

<http://wwwn.cdc.gov/travel/contentstudyabroad.aspx>

[http://travel.state.gov/travel/tips/tips\\_1232html#medications](http://travel.state.gov/travel/tips/tips_1232html#medications)

