

Student Travel Health Information: What Do You Need to Know?

Student group trips, studying abroad and taking a gap year to travel are all exciting adventures, but exploring new destinations can often come with different risks than you might be used to.

This guide is designed to provide basic health tips to keep you healthy when traveling.



BEFORE YOU GO

- ✔ Visit your doctor for travel-health recommendations and vaccinations.
- ✔ If possible, pack a double supply of any medication in the original bottles with a copy of the prescription.
- ✔ Use a medical alert bracelet, necklace or smartphone app to store your drug allergies, blood type, medical conditions and emergency contact information.
- ✔ If visiting a developing country, pack sanitary items as they can be hard to find.
- ✔ Save emergency telephone numbers for police, fire and ambulance services along with a list of local hospitals and clinics.



WHILE YOU'RE AWAY

- ✔ Wash your hands often with soap and water. If they are not available, use an alcohol-based hand sanitizer.
- ✔ Stay hydrated. Drink plenty of water, especially in hot climates.
- ✔ Try to avoid or limit contact with people who are sick.
- ✔ Avoid manicures, pedicures, acupuncture treatments, piercings or tattoos, which can make you susceptible to infection.
- ✔ Exercise caution with local water. You may need to avoid drinking tap water, unbottled beverages or drinks with ice.
- ✔ Get plenty of sleep and prioritize rest to help keep your immune system strong and acclimate adequately to the local time zone.
- ✔ Connect with the local community to learn about health practices and concerns for the area.

BASICS FOR YOUR MEDICAL KIT

- ✔ Bandages, sterile dressings and gauze
- ✔ Tweezers
- ✔ A digital thermometer
- ✔ Alcohol-based hand sanitizer or hand wipes
- ✔ Adequate supply of prescribed medications
- ✔ Insect repellent
- ✔ Sunscreen
- ✔ Aloe gel for sunburns
- ✔ Medicine for pain or fever
- ✔ Cold and flu tablets and throat lozenges
- ✔ Antihistamines
- ✔ Anti-diarrheal medications
- ✔ Motion-sickness medicines
- ✔ Electrolyte powder for dehydration
- ✔ Antiseptic cream

Illness or injury can disrupt your travel experience, lead to unexpected costs, and pose serious health risks. By planning in advance and knowing how to handle a travel emergency, you can travel with confidence.

Travel Guard meets the diverse needs of leisure and corporate travelers alike through its comprehensive portfolio of travel insurance plans and assistance services as well as a network of experienced providers. With global service centers placed strategically around the globe, our 24/7 multilingual team is always just a phone call away and ready to assist when our customers experience travel issues – from lost luggage or minor travel inconveniences to medical emergencies or life-threatening events. We help customers recover from travel disruptions and enjoy their journeys knowing Travel Guard has their back every step of the way. Learn more at www.travelguard.com and follow us on Facebook, Instagram and LinkedIn. AT-15824-24

© 2024 Travel Guard Group, Inc. All rights reserved.