

# Tips for Travelling Abroad

By Dr. Loretta Staudt, Director of Student Health Services, CUA

- **IMMUNIZATIONS** Make sure that your immunizations are complete and current. That includes immunizations that are routinely required in the states and ALSO anything that might be additionally required depending on where you are going. A good resource for information travel information regarding various illnesses is <http://wwwnc.cdc.gov/travel/default.aspx>
- **SEASONAL FLU VACCINE** Seasonal flu vaccine is important to get before you go abroad. For information on local travel clinics please see <http://health.cua.edu/travelimmunizations.cfm>
- **HEALTH INSURANCE** Review your health insurance information and make sure that you have a copy or the original card with you.
- **CHRONIC MEDICATIONS** If you are on any chronic medications for any illness, make sure that you have a supply for the time that you will be abroad or make arrangements to receive them. You cannot plan on getting the same medicines in a different country.
- **OVER-THE-COUNTER** medicines such as Tylenol, Advil/Ibuprofen, common cold medicines such as Pseudoephedrine (Sudafed) should be packed with you as well.
- **PHYSICAL OR HEALTH STATEMENT** If your program requires this statement, plan ahead and get it done sooner than later. Some programs will require certain lab work while others require only the signed form. It is also a good idea to see Student Health Services or a health care provider to review your records and make sure that you have everything you need to travel.
- People taking **CONTROLLED MEDICATIONS** such as Adderall or any of the medications for ADD or ADHD must check the regulations for those medications in the country (countries) that they are traveling to. This can vary by country. A good source of information is the State Department travel web site at <http://travel.state.gov/content/studentsabroad/en/health/prescriptions.html>
  - 1/ Bring copy of original prescription and a letter from your provider to explain why you are taking them
  - 2/ Bring 90 day supply
- **Zika Virus Outbreaks in specific areas** Take steps to avoid mosquito bites. Wear long sleeve shirts, long pants, use EPA registered insect repellants. [www.cdc.gov/zika/prevention/index/html](http://www.cdc.gov/zika/prevention/index/html)
- Most importantly, have a great time! This is an incredible experience that you are taking advantage of.

**Please feel free to contact Student Health Services if you have questions.**

Eugene I. Kane Student Health and Fitness Center The Catholic University of America, 620 Michigan Ave., N.E., Washington DC 20064 Phone: 202-319-5744, Fax: 202-319-4793 E-mail: [CUA-StudentHealth@cua.edu](mailto:CUA-StudentHealth@cua.edu), <http://health.cua.edu/>