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HEALTH REQUIREMENTS BEFORE DEPARTURE

Travel Vaccines
You may need to get vaccinated against serious diseases found in other parts of the world. Some countries require an International Certificate of Vaccination or Prophylaxis (ICVP) to enter. Get travel health specialist advice at least eight weeks before your travel. Some vaccines come in a series and take time to be effective.

UCEAP travel insurance does not cover vaccines. If you are enrolled in campus student insurance, verify with your campus Student Health Insurance Office whether vaccinations are covered.

Medical Confidentiality
All information that UCEAP collects is kept strictly confidential and only shared with program officials who need to know and can help during pre-departure planning and/or an emergency.

Planning for a Healthy Trip
» Forward planning, appropriate preventive measures, and careful precautions can substantially reduce the risks of adverse health consequences. Four to six weeks before departure, have a pre-travel health consultation to review your medical history and help you determine any health risks based on your destination and itinerary.

Medical care abroad can be very different than it is in the US. Existing health problems could be made worse when adjusting to unfamiliar food, a different climate, air quality, and the emotional strains of being away from home. It can be easy to forget about taking care of yourself.

EDUCATE YOURSELF
• Visit the US Centers for Disease Control and Prevention (CDC) Travelers’ Health destination pages for health recommendations and information. Choose the country or countries you will be visiting.
• Check the CDC “Travel Health Notices” for your destination. Find out about travel health conditions and advisories at your destination and learn how to prevent injuries and the spread of infectious diseases.
• Consult a travel health specialist eight weeks before your travel about vaccinations and whether your campus student insurance plan covers them.
• Have a plan and a budget if you are sick or injured, or if you need to see a doctor for continued treatment. The UCEAP travel insurance does not work like a campus insurance plan. You pay up front for eligible medical services and submit a claim for refund consideration. There is no copay or deductible. Review the Insurance chapter in this guide for more information.

RESEARCH MEDICAL FACILITIES
Before departure, identify medical services and resources abroad. Read about their standard of care and identify host country health care resources available in case of a medical emergency.

Consult with UCEAP Systemwide, especially if you have a preexisting medical condition. Information about local medical care may be provided after arrival during your UCEAP on-site orientation. You can also access the US Embassy list of medical facilities online.

» Print your UCEAP insurance card and carry it with you at all times as instructed in your Pre-Departure Checklist.
MANAGING HEALTH RISKS

Risks vary depending on geography, the length of program, diversity of planned activities, and your personal behavior.

To prevent many common travel illnesses, be careful about food and water, protect against insect and mosquito bites, and wash hands frequently. Download the CDC app TravWell.

- Riskier activities (e.g., paragliding, bungee jumping, moped-riding, drinking excessively) increase the likelihood of injuries. Animal bites or scratches can transmit rabies. Seek immediate help if you are bitten.

MAIN HEALTH RISKS WHILE TRAVELING

- Vaccine-preventable diseases.
- Infections.
- Insect-, food-, and water-borne diseases.
- Climate, sun exposure, altitude sickness, air quality.
- Animal bites or scratches can transmit diseases.
- Allergies (e.g., food, medication, environment).
- Accidents under the influence of alcohol.
- Not taking prescribed medication against local endemic diseases as recommended by the prescribing physician.
- Local medical facilities that may differ from the US, be inadequate, or non-existent.

Preexisting Conditions

Living and studying in a foreign environment may cause unexpected physical and emotional stress, which can exacerbate some chronic conditions. Follow health precautions before, during, and after the journey.

If your immune system is weakened from a disease such as HIV/AIDS, cancer, or from chemotherapy or medicines, talk to your doctor before departure about your travel plans in detail.

Inform yourself and research your destination. Not all UCEAP programs are located in countries where hygiene and sanitation, medical care, and water quality are of high, or acceptable standards.

During a Health Emergency

Carry contact information (phone numbers and addresses) of local emergency services, and all emergency contacts for your program. Share this list with your parents.

UCEAP representatives both in California and abroad are prepared and experienced to respond during any kind of emergency. If you need advice in finding a doctor or counselor, need a prescription refill, or if you are not feeling well, contact the study center staff or host institution.

Medical Alert ID

If you have significant allergies or chronic medical conditions, consider wearing a medical alert bracelet or a Medic Alert emblem. For more information, you can contact American Medical ID.

Flu Vaccine

The UCEAP physician consultant strongly encourages a flu vaccine before departure, particularly if you have a chronic medical condition (e.g., asthma, diabetes). Influenza is one of the most common ailments reported by UCEAP students.
Sexually Transmitted Diseases
Review the CDC’s information on Sexually Transmitted Diseases. Review the CDC’s page on HIV Basics.

Drug and Alcohol Abuse
Many students experiment with alcohol and other drugs when they are in a foreign country where they may be of legal drinking age. Tainted alcohol is a global problem. Alcohol concentrations by volume (ABV) are stronger in some countries. Acute alcohol poisoning can occur when someone drinks too much alcohol in a short time.

If you decide to drink while abroad, drink wisely. Former UCEAP students who had been drinking were at higher risk of being the victim or perpetrator of attacks, robberies, muggings, and sexual assaults. Control your drinking to minimize accidents and enhance your decision-making. If you choose to consume alcohol, know that you remain responsible for your actions at all times and that alcohol abuse is against UCEAP policy.

• Refer to Mayo Clinic’s information on Alcohol Poisoning.

Bed Bugs
Bed bugs are in most places around the world, and their presence is not determined by the cleanliness of the living conditions where they are found (they can be found in five-star hotels). Refer to the US Environmental Protection Agency’s information on bed bugs.

MEDICATIONS AND SUPPLIES

Prescription Medications
Know the local laws and obey them. Host country national laws mandate what you can bring into a country. Every country has a different classification system for medicines. Although medications in amounts for personal use are rarely inspected or questioned, customs officials can become suspicious of medications in large quantities. Most narcotics, psychotropics, and stimulants are subject to international law and can be restricted or banned in other countries.

Pharmaceutical regulations differ. Many countries do not permit pharmacies to fill prescriptions that originate outside their country. To get refills, you will need to be evaluated by a local doctor and present a letter from the US doctor explaining your condition, treatment, and regimen. This will help the local doctor issue a prescription. You will need to pay for the appointment and submit a claim to the UCEAP insurance company. If you do not have this letter, the local doctor may deny re-issuing your prescription.

What to do if you are traveling with prescriptions:

• Talk to your doctor if traveling with prescription medications. Talk with your doctor about adjusting your medication dosage across different time zones.
• Pack your prescription medications in your carry-on luggage. Do not pack medication in checked luggage as it could get lost or delayed.
• Carry prescriptions in original containers with your name on it. Pack copies of all prescriptions, including the generic names for medications.
• Have a note, on letterhead stationery, from the prescribing physician (signed and dated) indicating your condition, treatment, and regimen. Carry this letter with you through customs and show it to the local doctor.
• Check rules on amphetamine-based medications used for attention deficit disorders ahead of time.
• Check your UCEAP Program Guide for links to more specific resources.
• Access the INCB Guidelines if travelling with medications that are narcotics or psychotropics.
• If you use injectable medications, obtain and carry at all times a doctor’s letter explaining the need to carry needles and syringes.
• Do not mail medications ahead of your arrival. Do not have medications mailed to you.
• Do not have your parents or anyone else travel with medications that are issued to you. No one can bring additional medications for you into the country. This is considered drug trafficking and could lead to fines and/or incarceration.

Filing Insurance Claims for Prescriptions

» Make sure you understand your terms of coverage before you request a refill while in the US or abroad.

You can fill and pay for medication prescribed by a licensed physician when coverage is effective (14 days before the official start of the program).

To submit a claim form for a refund:

1. Download and print the claim form
2. In the ‘COMPLETE THIS SECTION FOR SICKNESS CLAIM’ cross out ‘Date of sickness’ and write in “prescription medication”
3. Scan and attach the completed claim form and the pharmacy receipt to an email addressed to UCEAP insurance claims company, intlassist@acitpa.com. The pharmacy receipt must include the fill date, Rx number, medication name, strength, dosage, quantity, days’ supply, amount paid, prescriber name and your name. Keep copies of everything you submit.

REFILLING PRESCRIPTIONS ABROAD

US prescriptions cannot be filled abroad. You will need to see a local physician if you need a refill. It will be important to have a copy of your US prescription and a letter from your treating physician, on letterhead, indicating the condition, treatment, and medication regime.

Over the Counter Medications

» Before returning to the US, be aware that medications purchased abroad may not be FDA-approved or allowed into the US.

According to the US Centers for Disease Control and Prevention (CDC), virtually any drug, including antibiotics and antimalarial medications, can be purchased without prescription in many developing countries. Do not buy these medications. The quality and safety of drugs purchased outside the US cannot be guaranteed and may not meet US standards. They may even be counterfeit or potentially hazardous due to contaminants. A high percent of antimalarials abroad are counterfeit.

Medical Marijuana

Never travel internationally with any amount of medical marijuana. Marijuana is illegal in many countries. Students with a US prescription for marijuana can be arrested, prosecuted, and deported if in possession of any illegal substance.

Airports and airplanes are federal jurisdictions. You can be detained and arrested when going through security. Federal authorities do not recognize the medical marijuana laws or cards of any state.

Prescription Eyewear

The UCEAP insurance does not cover preventive eye exams or prescription eyewear. If you are covered by your campus health insurance while abroad, you may be able to claim this expense. Consult with your campus student health insurance office if eye exams and prescription eyewear is covered through this plan.

If you wear glasses or contact lenses, take an extra pair and your written prescription abroad. Take sufficient quantities of contact lens solution, since it may not be readily available or the product name may not be the same as in the US. In some countries you may need to see an optometrist, optician, or ophthalmologist to get contact lens solutions because they are considered drugs.
Managing Diabetes
Refer to the American Diabetes Association website for information on packing, crossing time-zones, going through TSA checkpoints, and other resources. If you have an insulin pump, check with the manufacturer about whether it can go through full-body scanners.

Travel First-Aid Kit
Assemble a travel health kit tailored to your needs, length of travel, and destinations. Consult your physician on assembling a suitable medical kit. Visit the CDC website for a list of recommended items.

PSYCHOLOGICAL HEALTH

Why Disclosure Matters
Consider disclosing all medical conditions before departure. Even if you do not have a prior history of mental illness, travel stress, mood changes, anxiety, and other mental health concerns can unexpectedly affect you. While study abroad can be rewarding, it can also be stressful.

Traveling and living in an unfamiliar setting can aggravate existing mild physical or psychological disorders and may introduce new stressors. You may be challenged in ways you did not anticipate.

Homesickness is normal. You may feel frustrated, impatient, or irritable at times. You may experience communication problems even if the local language is English.

Before departure, your doctor to discuss if the type of travel and your destination are appropriate for you. You are responsible for assessing (along with your parent/guardian and physician) any physical or mental health conditions that studying abroad may affect. If you disclose in advance of participation, UCEAP can help you to arrange appropriate accommodations abroad, if available.

BEFORE DEPARTURE
- Research the cultural acceptance of mental health and familiarize yourself with the mental healthcare system of your country.
- Assess the ease of finding a local psychiatrist and/or counselor. Some countries do not have access to bilingual counseling or psychiatric facilities.
- Consult with your doctor on the potential stresses of traveling and living abroad, even if you think you will not need it.
- Create a mental health plan.
- Identify how to access social support systems and handle emergencies.
- Consider contact methods and time differences (counseling via Skype, texting, email, phone calls, etc.).
- Discuss self-care strategies.
- Review the UCEAP travel insurance policy so you know how to pay for appointments and how the claims process works.

WHILE ABROAD
- Familiarize yourself with your surroundings and establish a routine.
- Do not change your medication regimen without consulting your doctor.
- If possible, integrate activities into your daily life that you enjoyed in the US.
- Know whom to contact locally at the first sign of distress. Do not try to manage alone.
- Adapt your plans to minimize stress.

UC References and Resources
The following are UC offices of counseling and psychological services.
UC Berkeley
Counseling and Psychological Services 2222 Bancroft Way
(510) 642-9494
Call (510) 643-7197 to speak to an advice nurse Mon–Fri, 8 a.m. to 4:30 p.m.
https://uhs.berkeley.edu/counseling

UC Davis
Counseling and Psychological Services (CAPS) 219 North Hall
(530) 752-0871
Advice Nurse: (530) 752-2349
https://shcs.ucdavis.edu/counseling-services

UC Irvine
Counseling Center
Room 202 Student Services (949) 824-6457
http://counseling.uci.edu

UC Los Angeles
Counseling and Psychological Services (CAPS)
221 Westwood Plaza
24/7: (310) 825-0768
http://counseling.ucla.edu

UC Merced
H. Rajender Reddy Health Center
Joseph Edward Gallo Recreation & Wellness Center, 2nd Floor
24/7: (209) 228-4266 and press 1 after the prompt to be connected to a ProtoCall clinician.
http://counseling.ucmerced.edu

UC Riverside Counseling Center Veitch Student Center North Wing
Phone: (951) 827-5531
http://counseling.ucr.edu

UC San Diego
Psychological and Counseling Services (P&CS) Galbraith Hall, Room 190
24/7: (858) 534-3755
https://caps.ucsd.edu

UC Santa Barbara Counseling Services Building 599
24/7: (805) 893-4411
http://counseling.sa.ucsb.edu

UC Santa Cruz
Counseling and Psychological Services
1156 High Street
24/7: (831) 459-2628; After office hours, select option 3 (talk to a counselor)
https://caps.ucsc.edu

Other Mental Health Resources

- Befrienders, a network of 400 volunteer crisis centers in 39 countries, across 6 continents. These centers provide help to those in need of emotional support.
- The JED Foundation
- ULifeline, a free, anonymous website that links you to your college counseling center and a library of mental health information.