

Programs with EOPC funding.

## Staying Healthy While Traveling Overseas Health Checklist

<b>Tealt</b>	h Care System Knowledge Assessment		
	I have medical insurance that will cover me in the region that I	will be traveling. MOIT ADICIAM AIRALIAM & MOITANIMING	
	I have the remainst health concerns or problems in the region	e prevalent health concerns or problems in the region that I will be traveling (malaria, choleraetc.)  e of immunizations I might need to cross the borders of my primary country into other countries I might wish to visit.	
	I am aware of immunizations I might need to cross the borders		
97.	I am aware of the policies on AIDS testing in the region where I will be traveling.  I understand how the medical care system works in the region I will be traveling.		
, P			
	If I am to get sick, I know how to pay for medical care in the rand when I will need to pay for care.)	egion I will be traveling. (Whether currency or credit is accepted,	
	I am taking sufficient money or credit for unexpected medical	care bills. griwollor and quiavab poy li rorsob many 202, batesibai li res	
Perso	onal Health Issues	ymptoms within a year after leaving a malana infected area:  ever.chilis, hendache, nausea, abdominai pain, diarrhea. Tell	
	I am bringing medications I may need on my trip so I won't ha	ave to purchase them in the region to which I am traveling.	
	I have had a dental check-up.	RESCRIPTIONS	
1	I have had a physical within the last year.		
	I have had all of the immunizations I need for traveling and ha	ave access to these records.	
Perso	onal Health Promotion Issues	MYSICIAN'S LETTER	
+	If I choose to be sexually active during my overseas stay, I am aware of the possible risks involved (i.e., pregnancy, All other sexually transmitted diseases, etc.) and am prepared to take appropriate precautions.		
	I know the region's customs and beliefs concerning alcohol a	s and beliefs concerning alcohol and other drug usage and restrictions.	
	I know what the quality of water is in the region where I am traveling.  I understand the risk for illness associated with the water available in the region I am traveling and I understand water purification techniques to assist my avoidance of contaminated water.  I know what kinds of foods are typical in the region I am traveling.		
	I understand that it is very important to maintain a healthy diet (3 balanced meals) while I am traveling.		
	I am aware of the types of foods that may make me ill and how I can protect myself from becoming ill.		
	I know the time difference between home and the region to v	which I am traveling and have begun to prepare myself for jet lag.	
Emo	otional/Psychological Issues	ave a set fee schedule. To obtain a directory, write:	
	I have done research on the country that I am traveling to an	d understand its culture and customs.	
	I have prepared myself mentally for traveling abroad and understand that each region is very different from the United States.		
//	resh baked goods-breads, rolls, unfilled pastries		
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