



# INSTITUTE FOR COLLABORATIVE HEALTH, INTERVENTION, AND POLICY

## InCHIP Travel and Safety Information

2/10/16

The following information is offered to InCHIP-affiliated faculty, staff, and students who travel for their research work.

### UConn Travel Procedures

- All travel requiring an advance, airport parking or international travel requires completion of the Travel WebForm. For more information, please see <http://www.travel.uconn.edu>.
- Please see <http://www.chip.uconn.edu/chip-business-office/travel> for information on CHIP travel procedures. If you have any questions, please e-mail [travel@chip.uconn.edu](mailto:travel@chip.uconn.edu).

### Health care providers offered through the University

- UConn Health Center <http://www.uchc.edu/patients/services/travel>
- UConn Student Health Services (for UConn students only) <http://www.shs.uconn.edu/>

### Travel medical consultations

- At least 4-6 weeks prior to travel, consult with your health care provider to obtain necessary immunization, prophylaxis, and prevention information specific to the country you will be visiting. Vaccines and prophylactic medication, such as anti-malaria drugs, may need to be administered within specific timelines before you travel in order to receive the optimum benefit.
- You may also want to ask your health care provider about the following topics:
  - Up-to-date recommendations concerning the prevention of malaria, diarrheal disease, and other travel-related illnesses
  - Individualized immunizations (also see <http://www.cdc.gov/vaccines/default.htm>)
  - Health and safety information specific to each country of destination
  - Advice regarding the care of chronic medical problems
  - Travel health insurance
  - Specialized health care and consultation for travelers returning with health problems
  - Permanent medical records
  - Yellow fever vaccination
    - Official yellow fever vaccination center closest to UConn: Connecticut Travel Medicine, 34 Professional Park Road, Storrs, CT 06268. Phone: (860) 487-0002
  - Vaccination cards (some countries may require travelers to present World Health Organization (WHO) yellow vaccination cards or other proof of inoculation at customs)

- Please see <http://www.cdc.gov/travel> for more information on travelers' health topics.

## Disease Exposure

- Tuberculosis (TB)
  - If exposure to TB is a possibility, you should have a PPD skin test done before you travel and again after you return.
  - For those who travel to South Africa frequently, a PPD is recommended 3 months after each trip. For those who travel to South Africa once per year or less, a PPD is recommended before each trip and 3 months upon return.
  - Baseline HIV testing is also strongly recommended as anyone who is HIV+ should avoid exposure to TB.
  - Researchers who may be exposed to TB should be fitted and trained for the use of an N95 respirator mask by UConn Environmental Health and Safety. Before a respirator is assigned, you will be required to complete a medical evaluation. Please see <http://www.ehs.uconn.edu/occ/resp.doc> for the complete UConn respirator policy, or contact Valerie Brangan at (860) 486-2982 for more information. You should also check with your project manager for project-specific requirements.
- HIV
  - Researchers who will be working in remote areas of HIV-endemic parts of the world should have post-exposure prophylaxis (PEP) medication available. Check with your project manager as there may already be PEP kits at your research site. A PEP kit is a course of antiretroviral drugs that helps to reduce the risk of contracting HIV after exposure to potentially infected blood or body fluids. Treatment should begin as soon as possible or up to 72 hours after exposure. For more information, please see <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5402a1.htm>.
- Malaria
  - To assess your risk for malaria while traveling, please see: [http://www.cdc.gov/malaria/travelers/country\\_table/a.html](http://www.cdc.gov/malaria/travelers/country_table/a.html)
  - To avoid mosquito bites in a high-risk malaria area:
    - Use insect repellent with DEET or picaridin (both CDC-endorsed ingredients).
    - Wear long-sleeved clothing in mosquito territory. You may also want to purchase insect repellent clothing where the fabric has been specially treated with repellent.
    - Invest in a mosquito net for your bed.
    - Check with your healthcare provider about anti-malaria drugs recommended for your specific travel area.

## Travel health insurance

- HTH Business Worldwide provides health insurance coverage for UConn faculty, staff, and students who travel abroad on official University business. This insurance program covers a variety of medical needs, from obtaining medications while traveling to emergency medical evacuation to the United States.
- If you indicate international travel on your UConn travel approval form, you will automatically receive the insurance coverage at no cost to you. It is funded centrally within the University. For more information, please see <http://travel.uconn.edu>.

## Travel identification

- Americans traveling abroad are encouraged to **register with the nearest U.S. Embassy or Consulate** through <http://travelregistration.state.gov>. This makes it easier to contact you in case of emergency. The website also offers valuable information such as travel alerts and warnings.
- If you require a passport for your travel, **ensure that your passport is valid** and that you have several blank pages available. Please see <http://travel.state.gov/passport> for more information.
- When traveling overseas, you may want to carry an **international driving permit** even if you're not planning to drive. This form of ID can be helpful if you need to communicate with foreign authorities. Please see <http://www.aaa.com/vacation/idpf.html> for more information.

## Foreign Currency Exchange Rates

- [www.oanda.com](http://www.oanda.com)
- [www.xe.com](http://www.xe.com)

## Cultural Sensitivity

- <http://www.ccrainternational.com/tools/CulturalAwareness.htm>

## Staying in contact with CHIP while traveling

- Before you travel, please send the following information to both your project manager and Susan Hoge, CHIP Admin Manager:
  - Your itinerary (specific dates/activities/contact information)
  - Flight/hotel/car information
  - Copy of current passport
  - Copy of travel insurance card
  - Copy of international driving permit
  - Emergency contact form (see Susan for this form)

- Establish contact expectations and guidelines within your project team. Each traveling team member should make contact via e-mail or phone once every 24 hours.
- The project team should create and accurately maintain employee records for the following: travel dates and locations; HTH Business Worldwide information; emergency contact information; vaccination, TB screening, and medication status; local emergency contact information for each destination (police, fire, hospital, etc.).

### **Other useful items you may want to bring**

- Aspirin/pain reliever
- Tums
- Any prescription medications that you take
- Sleep aids
- Sunscreen
- Mosquito repellent, spray, or cream
- Mosquito netting (if malaria is a risk)
- Antibiotic ointment
- Anti-itch cream
- Hand-sanitizing gel/cloths
- Feminine protection products
- Extra pairs of contact lenses or prescription glasses
- Contact lens solution/eye drops
- First-aid kit
- Flashlight and batteries

### **Personal Safety Basics**

- Keep the following items with you **at all times**: personal identification, passport/visa, vaccination card, international driver's license, cell phone/charger/universal adapter.
- Do not carry large amounts of cash, and do not display your wallet or other valuable items such as jewelry, cameras, PDAs, etc.
- Avoid public transport if there is an increased risk in doing so. Instead, take licensed taxis.
- If you are in an unfamiliar or unsafe area, do not walk alone at night.
- Limit driving alone at night and be cautious of your surroundings. Roads may not be well-lit and there may be pedestrians on the roads, even into the late evening.
- Be aware of your surroundings at ATM machines. Make sure the ATM is in a well-lit, public area. If there is someone loitering who tells you the ATM is not working, but s/he can help you, leave the area immediately.
- Be cautious with your credit card. Ideally, you should watch the cashier swipe the card to ensure that a copy is not taken and additional amounts have not been charged. Sign up for monitoring with your credit card company so that any fraudulent charges can be reported immediately.

- Consider carrying mace or pepper spray to thwart an attack.
- Be aware of the effects that jet lag, altitude, climate, food, or water may have on any chronic illness.
- To help prevent diarrhea during travel to developing countries, avoid salads, fruits you cannot peel yourself, and poorly cooked meats and seafood. Also avoid untreated water or ice.
- If you become ill after returning home, remember to inform your physician of your travel history.

### **Final health and safety pre-departure checklist**

- \_\_\_\_\_ Receive all necessary vaccinations and prophylactic medications
- \_\_\_\_\_ Obtain a current, updated vaccination card
- \_\_\_\_\_ Confirm TB PPD screening if necessary (and upon your return)
- \_\_\_\_\_ Receive training and fitting for an N95 respirator if applicable
- \_\_\_\_\_ Obtain post-exposure prophylactic medication (PEP kit) if necessary
- \_\_\_\_\_ Print out your HTH Business Worldwide insurance information
- \_\_\_\_\_ Check your own health insurance plan for policy coverage specific to your travel
- \_\_\_\_\_ Register with the U.S. Embassy or Consulate
- \_\_\_\_\_ Confirm and comply with passport requirements
- \_\_\_\_\_ Check if there are any travel alerts or warnings specific to your destination
- \_\_\_\_\_ Send itinerary information to your project manager and Susan Hoge