TAKING CARE OF YOUR HEALTH WHILE ABROAD:

Fill out this checklist to ensure you are ready to have any health needs met while studying abroad

☐ TALK TO A DOCTOR
Visit the Davison Health Center, confer with your primary care doctor, and/or talk to any specialists. Davison can provide you with any medications you think you might need, including asthma medication, emergency contraception, or allergy medication.

☐ UNDERSTAND YOUR PROGRAM’S LEVEL OF SUPPORT
Visit your study abroad program’s website page describing how they handle any healthcare needs. Your program will have an onsite coordinator to help you with any specific needs.

☐ RESEARCH HEALTHCARE SYSTEM IN HOST COUNTRY
Understanding how healthcare differs in your host country will best prepare you to manage any needs as they do arise. You likely will not be able to take the same steps you would when at home.

☐ PREPARE ANY NEEDED PRESCRIPTIONS
Make sure your normal prescription is legal in your destination country or bring a signed doctor’s note to ensure passage through customs. Bring enough to last through the semester, your insurance will likely allow for a one-time override to get a semester or year-long prescription.

☐ IMMUNIZATIONS
Depending on where you’re going, you may need to get specific vaccines before you go. Davison Health Center can provide many of these, but you may need to see an outside practitioner.

☐ PREPARE A FIRST AID KIT
Include items such as bandaids and antiseptic, cold/cough/allergy symptom relief, constipation remedy, diarrhea treatment, motion sickness medication, pain/fever relief, bug spray, and sun screen

☐ MENTAL HEALTH PLAN
If you have a mental health provider, speak with them about making a plan to ensure you are prepared to care for your mental health while abroad. Be aware that you may not have the same access to your psychological care at home, but your program’s health services may be able to give you a referral if needed.

☐ HEALTH NEEDS ACTION PLAN
With all of the information you gathered checking off the above steps, you should next fill out an Action Plan template found on the OSA website. You’ll know exactly what to do when different needs arise!
ADDITIONAL RESOURCES:

DAVISON HEALTH CENTER
Make an appointment and Davison to discuss any health concerns you have connected to studying abroad
Call: 860-685-2470

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
Speak to a therapist at CAPS about how you need to prepare to care for your mental health while abroad
Call (860) 685-2910
Email:counseling@wesleyan.edu.

SUPPORT FOR DISABLED STUDENTS ABROAD
Mobility International USA has a series of resources to support disabled students studying abroad
https://www.miusa.org/plan/americans-abroad

STUDYING ABROAD WITH A MENTAL ILLNESS
Mobility International USA also has resources for helping students with mental illnesses prepare for studying abroad
https://www.miusa.org/resource/tipsheet/mentalhealthsuccess

SAVE YOUR HOST COUNTRY'S EMERGENCY RESPONSE TELEPHONE NUMBERS
See the link below for a list of Emergency Telephone Numbers around the world. In much of Europe and parts of Asia, dialing 1-1-2 will connect you to emergency response services.

U.S. STATE DEPT. HEALTH ADVISORY
The State Department website answers many questions you may have about how to care for your health while abroad
https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad.html

CENTER FOR DISEASE CONTROL (CDC) TRACER’S HEALTH
The CDC’s website can help you identify any immunizations you may need before leaving, what disease symptoms are important to be aware of, warn you of any travel advisories, and more!
https://wwwnc.cdc.gov/travel/