

# 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

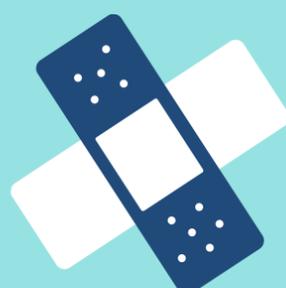
Include items such as bandaids and antiseptic, cold/cough/allergy symptom relief, constipation remedy, diarrhea treatment, motion sickness medication, pain/fever relief, bug spray, and sun screen

## 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](mailto: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.

[https://en.wikipedia.org/wiki/List\\_of\\_emergency\\_telephone\\_numbers](https://en.wikipedia.org/wiki/List_of_emergency_telephone_numbers)

## **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) TRAVELER'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/>