

THE SOUTHWEST UTAH PUBLIC HEALTH DEPARTMENT

**wants you to have a safe and
healthy trip abroad!**

Course Video 3 - Personal Safety

**THIS IS GENERAL HEALTH AND
SAFETY INFORMATION.**

**Country specific information will
be given to you by your Public
Health nurse in a Travex report.**

Course Video 3 - Personal Safety

General Safety

Accidents account for 25% of all travel fatalities

Some destinations have high rates of blood-borne diseases such as hepatitis B, C, and HIV

Avoid high risk activities such as unsafe sex, tattoos, acupuncture, piercing, medical, and dental procedures



General Safety

Keep valuables, including your passport, safe. Don't attract attention by wearing expensive jewelry, expensive clothing, etc.

Ask your insurance company about travel insurance and medical evacuation insurance



General Safety

Consider bringing a first aid kit.

If you bring medications, bring them in the original bottle. Pack them in your carry-on luggage.

Refer to your Travex report for medication restrictions for certain countries.



General Tips



Make copies of the first 2 pages of your passport. Leave one copy with someone at home and carry the other copy with you in case your passport is lost or stolen.

If you received the yellow fever vaccine, bring your yellow fever certificate with you.

General Tips

If traveling with children, an original birth certificate and/or passport may be necessary

Bring cash in smaller denominations and new, un-torn bills

Inform your credit card company that you will be traveling and check with your cell phone provider regarding international plans



Cultural Considerations

Cultural differences vary widely with destinations. Please check guidebooks, Travax report, and other sources for what behaviors may not be acceptable in other cultures.

Ask before taking photos of people and government and religious buildings.

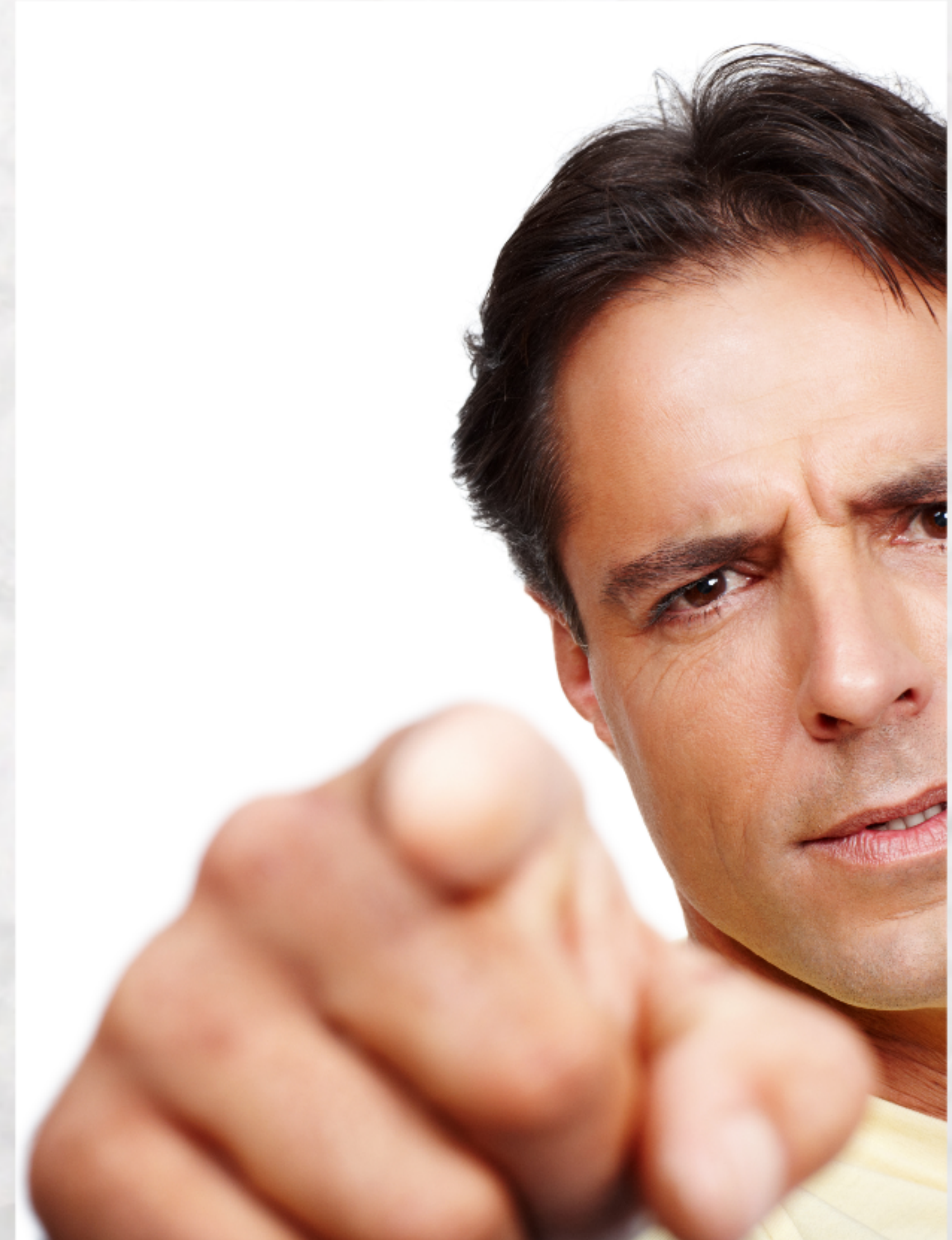


Cultural Considerations

Understand that common gestures, such as pointing your finger, are considered rude in other cultures

Dress modestly if necessary

Be respectful of religious beliefs, holidays, and other observances



Thank you for completing all three travel videos. Please visit one of our five clinics for a travel consultation.

No appointment is necessary, but do be aware that clients are seen as time allows. Please try to arrive as early as possible.

Visit swuhealth.org for hours and locations.

