

International Program Health and Safety Manual

Preventive Health Care

It is your responsibility to learn about any health risks you will face in your host country. We recommend that before traveling you check Worldwide Health Information which is available from:

Center for Disease Control www.cdc.gov/travel
Traveler's Hotline (877)394-8747 or 877-FYI-TRIP
Telephone Number (404)639-3311
Information Includes: Geographic health recommendations, disease transmitted by insect, food, water and people.

World Health Organization <http://www.who.int/en/>
Information Includes:

Pan-American Health Organization www.paho.org
Information Includes: Country health profiles, library services

On-Campus Resources

The **School of Public Health** at UIC offers a **Traveler's Health and Immunization Service** to UIC students and staff traveling abroad. The Office of International Affairs strongly recommends that, upon acceptance into your program, you visit their office. Some countries require specific immunizations for entry. Certain immunizations require a series of shots or spacing between shots for proper protection, therefore, please allow as much time in advance as possible to receive the appropriate immunization.

Some immunizations are offered at UIC's Campus Care Health Centers, but more specific immunizations will need to be received from the Traveler's Health and Immunization Service at UIC. Please call the respective offices for information about immunization offerings as well as cost.

Traveler's Health and Immunization Service School of Public Health

Address: 835 South Wolcott, Room E144
Chicago, IL 60612
Telephone Number: (312)996-7420
Service Hours: M,T,Th, F 7-4
W 7-3pm

Immunizations offered:

- | | | |
|--------------|--------------|---------------------|
| •Hepatitis A | •Hepatitis B | •Influenza |
| •Measles | •MMR | •Meningococcal |
| •Mumps | •Polio | •PPD |
| •Rabies | •Rubella | •Tetanus/Diphtheria |
| •Typhoid | •Varicella | •Yellow Fever |

Family Medicine Center

University Village
722 W. Maxwell St.
Suite 235
Chicago, IL 60607

Outpatient Care Center
U of I Medical Center at Chicago
1801 W. Taylor St., Suite 2A
Chicago, IL 60612

For appointments, please call (312) 996-2901

Insurance for Participants in International Programs

It is a requirement for all students participating in international activities to obtain international health insurance coverage which provides benefits for medical emergencies, repatriation of remains, and emergency evacuation. Students may choose appropriate health coverage from the list of international health insurance companies outlined on the US State Department website. The following list is provided for information purposes only and in no way constitutes an endorsement, expressed or implied, either by the US Department of State or by UIC:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1470.html

Students must read the insurance policies closely and familiarize themselves with the terms and exclusions of their policies. It is recommended that students carry their insurance card with them at all times while abroad. Students are also recommended to leave copies of their health insurance card with friends and relatives as well as an extra copy of the card in a safe place abroad.

The UIC Campus Care plan and most domestic insurance plans do not provide the necessary international coverage needed during student exchange. Due to potential gaps in coverage between the UIC term and the exchange program dates, students are strongly encouraged to retain their UIC student health insurance to ensure coverage at all times.

However, students presently covered by UIC Campus Care may temporarily waive their coverage by filling out the waiver form listed on the Campus Care webpage (<http://www.uic.edu/hsc/campuscare/>). It is recommended that students contact a Campus Care representative at 312-996-4915 to discuss the possible implications of waiving Campus Care health insurance before doing so, including obstacles to timely and full reinstatement that may apply in all or some cases. Please be aware that

students who waive Campus Care coverage must reinstate their Campus Care coverage upon return or prior to return.

Safety and Security

Students must register online, prior to departure, with the United States Embassy or Consulate. It is most important that the Embassy or Consulate knows where to get in touch with students in the event of an emergency. Students are informed to update their account with the US Embassy when traveling or if contact information changes. Registering with the US Embassy online also allows students to receive emails from the local US Embassy or Consulate on issues such as procedural changes, health issues, or emergencies pertaining to US citizens living in the local area.

To register with the US Embassy, students should follow this link:

<https://travelregistration.state.gov/ibrs/ui/>

Students are reminded to exercise caution in any international travel during periods of tension and to pay attention to any travel advisory information provided by program coordinators or US government officials.

The following numbers can be used to contact the US State Department in Washington DC.

Office of Overseas Citizen Services Phone Numbers:

M-F 8am- 8pm EST toll free US hotline	1-888-407-4747
M-F 8am- 8pm EST toll free outside US hotline	202-501-4444
Emergencies, after hours, holidays & weekends	1-888-407-4747

US Department of State Website <http://travel.state.gov>

Recommended Guidelines for Students Abroad

The decision to study in a particular region of the world must be made by each student and their family in light of their own interpretation of the events. It is regrettable, but true, that nowhere in the world, including many of our own cities, can one expect a completely safe environment. It is impossible for anyone to predict future events or give guarantees about the course of events in the world.

The University of Illinois requires that students be registered with the nearest US Embassy or US Consulate. Ask consular officials if there are any precautions that they consider necessary for general travel and day-to-day operations at your study site. Ask also about any official State Department “travel advisories” which restrict travel to certain areas. It is especially important that the Embassy knows where to get in touch with you in the event of an emergency.

Currently, as long as the US Dept. of State does not warn against travel to a particular place, UIC generally does not warn against travel, but may issue advice regarding safe travel practices.

In accordance with Department of State advice on safe travel, we would advise you of the following safety precautions:

- Dress conservatively; avoid flashy dress and obviously American-style clothing, particularly American sweatshirts, T-shirts and jeans. Avoid American logos on your belongings and clothing.
- Keep a low profile; try to blend in with the host country's surroundings as much as possible, by speaking the language, etc. Don't stand out as a group or individual. Please avoid being drawn into political exchanges, debates or even conversations that might become incendiary or overly emotional. Be wary of people who seem over-friendly or interested in you. Please be cautious when you meet new people; don't give out your address or phone number. Be alert to your surroundings and the people with whom you have contact. Be alert to anyone who might appear to be following you, or any unusual activity around your place of residence.
- In large cities and other popular tourist destinations, avoid or spend as little time as possible in potential target areas for terrorist activity, especially places frequented by Americans: bars, discos, and fast-food restaurants associated with the US; branches of American banks; American churches; American Embassies and Consulates. Avoid American military installations or bases as well as national military bases and personnel.
- In train stations and airports, do not hang around ticket offices or airline counters; go quickly to your train or the lounges beyond passport controls.
- When traveling outside your home base, leave a daily itinerary of your whereabouts with the host university coordinator so that you can be contacted immediately in the case of an emergency. If you leave town for a couple of days, take airline tickets, passport and credit cards with you, for use in an emergency.
- Leave a copy of your passport with your host university liaison. In addition, you may wish to carry an emergency card in the event that you are incapacitated so that persons attempting to assist you will be able to contact the host university on your behalf, in addition to other assistance they may provide. Persons carrying such a card may wish to include medical history and allergen information that may be useful to first responders.
- When traveling outside of the program location, select your accommodations carefully. The most inexpensive lodging may not provide adequate security and it may be located in an unsafe area.
- Do not agree to carry or look after packages or suitcases for anyone. Do not borrow suitcases and make sure nobody puts anything in your luggage. Do not leave your bags or belongings unattended at any time. Use a money belt to carry your passport and money.

- In the case of an emergency, remain in contact with the Exchange Coordinator at your host university. Have sufficient funds on hand or a credit card to purchase a return ticket to the US if it becomes necessary.

Alcohol Abroad

“Besides drugs, alcohol can also cause trouble for U.S. citizens traveling abroad. Students have been arrested for being intoxicated in public areas, for underage drinking, and for drunk driving. Disorderly or reckless behavior is to be avoided. In many countries, conduct that would not result in an arrest in the United States may constitute a violation of local law. Some young Americans go abroad assuming that local authorities will overlook such conduct, believing that they are immune from prosecution in foreign countries because they are American citizens. The truth is that Americans are expected to obey all of the laws of the countries they visit, and those who break these laws could face severe penalties, including prison sentences.”

“Young Americans traveling abroad should remember that the use of drugs or alcohol or engaging in reckless behavior while in another country can do more than ruin their vacation; it can land them in a foreign jail, cause them to suffer physical harm, or worse. Common sense should prevail in any activities young Americans engage in so that safety hazards may be minimized. It is possible to have a safe and fun trip if risky behavior is avoided and familiarity is attained with the basic laws and customs of the country being visited.”

-Except from “Media Notes: International Travel Safety Information for Students” at www.travel.state.gov

Sexual Moers

- Be aware that sexual moers, customs, and laws may vary considerably from the US in other countries.
- It should not be assumed that potential partners have been educated about sexual health and safe sex. Accessibility to barrier protection may vary from country to country.

Drugs Abroad

- Each year, thousands of Americans are arrested abroad. Many of the arrests are on drug-related charges. Many of those arrested assumed, as U.S. citizens, that they could not be arrested; they are finding out the hard way that drug possession or trafficking equals jail in many countries.
- There is very little that anyone can do to help you if you are caught with drugs.
- It is your responsibility to know what the drug laws are in a foreign country before you go, because “I didn’t know it was illegal” will not get you out of jail.
- In recent years, there has been an **increase in the number of women arrested abroad**. The rise is a result of women who serve as drug couriers or “mules” in the belief they can make quick money and have a vacation without getting caught.

- A number of Americans arrested abroad on drug charges possessed marijuana. Many of these possessed one ounce or less of the substance. The risk of being put in jail for just one marijuana cigarette is not worth it.
- If you are purchasing prescription medications in quantities larger than that considered necessary for personal use, you could be arrested on suspicion of drug trafficking.
- Once you're arrested, the American consular officer CANNOT get you out!

If you are arrested on a drug charge it is important that you know what your government CAN and CANNOT do for you.

The U.S. Consular Officer CAN

- Visit you in jail after being notified of your arrest.
- Give you a list of local attorneys. (The U.S. Government cannot assume responsibility for the professional ability or integrity of these individuals or recommend a particular attorney.)
- Notify your family and/or friends and relay requests for money or other aid—but only with your authorization.
- Intercede with local authorities to make sure that your rights under local law are fully observed and that you are treated humanely, according to internationally accepted standards.
- Protest mistreatment or abuse to the appropriate authorities.

The U.S. Consular Officer CANNOT

- Demand your release or get you out of jail or the country!
- Represent you at trial or give legal counsel.
- Pay legal fees and/or fines.

If you are caught buying, selling, carrying or using hashish, heroin, marijuana, mescaline, cocaine, quaaludes, designer drugs like ecstasy, any drugs at all...

IT COULD MEAN:

- **Interrogation and Delays Before Trial** - including mistreatment and solitary confinement for extended periods of time under very basic conditions.
- **Lengthy Trials** - conducted in a foreign language, with delays and postponements.
- **Weeks, Months or Life in Prison** - some countries allow for sentencing to include hard labor, heavy fines, and/or lashings, if found guilty.
- **Expense** - the cost of hiring legal counsel to represent you in a foreign country could be considerable.
- **The Death Penalty** - a growing number of countries (e.g., Malaysia, Pakistan and Turkey), allow for the imposition of the death penalty for certain drug-related offenses.

Regarding the Legal System

- Once you leave the United States, US laws and constitutional rights do not afford you the protections that you have when charged with a crime here. Your rights will be governed under a different legal system which will not provide you with same rights that a person normally receives when charged with a crime in the United States. For example:
- Bail is not granted in many countries.
- The burden of proof in many countries is on the accused to prove his/her innocence.
- In some countries, evidence obtained illegally by local authorities may be admissible in court.
- Few countries offer drug offenders jury trials or even require the prisoner's presence at his/her trial.
- Crime is often defined in different ways in different legal systems.
- In some countries, drug-related crimes are addressed outside the normal judicial system and are under the authority of the military or other specialized authorities.

As previously stated, U.S. Consuls Help Americans Abroad

There are U.S. embassies in more than 160 capital cities of the world. Each embassy has a consular section. There are also consular officers at about 60 US Consulates General and 20 US Consulates around the world. (Consulates General and Consulates are regional offices of Embassies.)

Consular officers in consular sections of embassies do two things:

- issue visas to foreigners
- help U.S. citizens abroad

The Department of State's Bureau of Consular Affairs Office of Overseas Citizens Services provides emergency services pertaining to the protection of Americans arrested or detained abroad, the search for U.S. citizens overseas, the transmission of emergency messages to those citizens or their next of kin in the United States, and other emergency and non-emergency services. Contact the Office of Overseas Citizens Services, Monday through Friday, 8:00 a.m. to 8:00 p.m. EST. The numbers are: **1-888-407-4747** (toll free) in the U.S. or 202-501-4444 outside the U.S. For an emergency after hours, weekends or holidays, call the **Overseas Citizens Services' duty officer at: 1-888-407-4747**.

EMERGENCY SERVICES

Replace a Passport - If you lose your passport, a consul can issue you a replacement, often within 24 hours. If you believe your passport has been stolen, first report the

theft to the local police and get a police declaration. This process is smoother if you have a photocopy of your passport.

Help Get Funds - Should you lose all your money and other financial resources, consular officers can help you contact your family, bank, or employer to arrange for them to send you funds. In some cases, these funds can be wired to you through the Department of State.

Help In An Emergency - Your family may need to reach you because of an emergency at home or because they are worried about your welfare. They should call the **State Department's Overseas Citizens Services at 1-888-407-4747** (toll free). The State Department will relay the message to the consular officers in the country in which you are traveling. Consular officers will attempt to locate you, pass on urgent messages, and, consistent with the Privacy Act, report back to your family.

Visit In Jail - If you are arrested, you should ask the authorities to notify a U.S. consul.

Make Arrangements After The Death Of An American

Help In A Disaster/Evacuation - If you are caught up in a natural disaster or civil disturbance, you should let your relatives know as soon as possible that you are safe, or contact a U.S. consul who will pass that message to your family through the State Department. Be resourceful. U.S. officials will do everything they can to contact you and advise you. However, they must give priority to helping Americans who have been hurt or are in immediate danger.

WHAT CONSULAR OFFICERS CANNOT DO

- In addition to the qualifications noted above, consular officers cannot act as travel agents, banks, lawyers, investigators, or law enforcement officers. Please do not expect them to find you employment, get you a residence or driving permits, act as interpreters, search for missing luggage, or settle disputes with hotel managers. They can, however, tell you how to get help on these and other matters.
- If you need to pick up mail or messages while traveling, some banks and international credit card companies handle mail for customers at their overseas branches. General Delivery (Poste Restante) services at post offices in most countries will hold mail for you.

Privacy Act

The provisions of the Privacy Act are designed to protect the privacy rights of Americans. Occasionally they complicate a consul's efforts to assist Americans. As a general rule, consular officers may not reveal information regarding an individual American's location, welfare, intentions, or problems to anyone, including the family members and Congressional representatives, without the expressed consent of that

individual. Although sympathetic to the distress this can cause concerned families, consular officers must comply with the provisions of the Privacy Act.

Persons wishing to provide prior authorization for Consulates to share information with family members may do so by electing the “edit privacy preferences” option when registering with the US Department of State here:

<https://travelregistration.state.gov/ibrs/ui/index.aspx>

For more information please contact the Overseas Citizens Services, Department of State, Room 4811, Washington DC 20520
Department of State Publication 10176
June 1994

FERPA

Although we understand that occasionally parents will want to discuss their child’s academic, health, or other personal information, UIC may only do this under limited circumstances. Student records are protected by the Family Educational Rights and Privacy Act of 1974 (FERPA) which was enacted to give students the right to access their records and to protect the privacy of those records. See UIC Student Records Policy available at:

http://www.uic.edu/depts/oar/campus_policies/records_policy.html

Unless the student is a dependent for income tax purposes, the school cannot release information from the student’s records to a parent without the written consent of the student. If the student is a dependent, a tax return showing the student as a dependent for the most recent tax year would be considered sufficient documentation to show dependency for purposes of FERPA, and the school may then release information from the student’s records to the parent. The school may also release information to a parent or third party if the school has received written consent from the student. (If parents are divorced or separated, the student may direct the school to release information about the dependent student to one or both parents. Release of information to one parent does not guarantee release to both.)

Remember, FERPA is designed to protect the privacy of a student’s records. The best way to make sure that you have access to information regarding your child is to get his or her written consent.

Travel Warnings and Advisories

“Travel Warnings” are issued when the State Department recommends that Americans avoid travel to a certain country or locality. In the recent past, Travel Warnings have

been issued in response to natural disasters, political and civil unrest and health issues. For the most current warnings: www.travel.state.gov

WHO Emergency Travel Advisory

World Health Organization (WHO) travel advice is issued to protect international public health and to reduce opportunities for further global spreading of a disease along the routes of international air travel. Precautionary measures aim to reduce the impact of and contain the disease while it is still in a relatively early stage. WHO home page is: www.who.int/en

INTERNATIONAL PROGRAM Emergency Phone Number

Students participating in international programs are provided with a primary emergency telephone number of a staff member in the Office of International Affairs at UIC, as well as a supplementary emergency phone number in the event that there are issues with the first number. This phone number can be used as a 24-hour emergency number, but should only be used in emergency cases. All other concerns should be directed to the Office of International Affairs at UIC between 9am and 5pm, Monday through Friday.

Office of International Affairs: 312-996-5455

I, _____, have received a copy of the International Program Health and Safety Manual. I confirm that I have read and understand it.

(Signature)

(Date)