

Safety Tips for Traveling Abroad

Presented by:

Risk Management/EHOS

California State University, Dominguez Hills



CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

To help ensure a positive international travel experience, California State University, Dominguez Hills maintains sound practices and policies for sponsored or funded travel outside of the United States.

These safety tips help address health and safety concerns abroad.



Foreign Travel Insurance Program

- ALL faculty, student, and staff traveling internationally on CSU business are required to use the California State University Risk Management Authority (CSURMA) Foreign Travel Insurance Program (FTIP).
 - On our campus, Risk Management/EHOS will assist with obtaining the foreign travel insurance once international travel is approved by the President.
- FTIP benefits include, but are not limited to, the following:
 - General Liability and Excess Auto Liability
 - Primary Medical Expense, Emergency Medical Benefits and Evacuation
 - Repatriation of Remains
 - Political Evacuations and Repatriation Benefit
 - War Risk Coverage
 - Accidental Death and Dismemberment Benefit



Travel Assist Card

- Once the foreign travel insurance is bound, Risk Management/EHOS will provide the traveler with a confirmation email and a travel assist card.
- The travel assist card contains program information and instructions and should be carried throughout the trip.
- Travelers should call when:
 - A referral to a hospital or doctor is required
 - Hospitalized
 - Need to be evacuated or repatriated
 - Need to guarantee payment for medical expenses
 - Experience local communication problems
 - Safety is threatened by the sudden occurrence of a political or military event

U.S. Department of State

<https://www.travel.state.gov/content/travel.html>

Before Departing - Be Proactive

Country-specific and regional safety issues should be reviewed prior to departure. Be sure to read the U.S. Department of State travel advisories both during your entire planning process, and immediately prior to your departure.



Travel Warnings

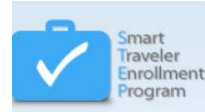
<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

- Travel Warnings are issued when long-term, protracted conditions that make a country dangerous or unstable lead the State Department to recommend that Americans avoid or consider the risk of travel to that country.
- A Travel Warning is also issued when the U.S. Government's ability to assist American citizens is constrained due to the closure of an embassy or consulate or because of a drawdown of its staff.

Smart Traveler Enrollment Program

<https://step.state.gov/step/>

- It is recommended that all faculty, students and staff traveling internationally sign up for the State Department's Safe Traveler Enrollment Program (STEP).
- The STEP provides information to the traveler should conditions change in the foreign location and can assist in an emergency.
- The traveler need only enroll once and then can update as trips are planned.



Smart Traveler App

<https://2009-2017.state.gov/r/pa/ei/rls/dos/165020.htm>

The U.S. Department of State has a Smart Traveler App available in the iTunes and Google stores.

- The app is the official State Department app for U.S. travelers and provides easy access to frequently updated official country information, travel alerts, travel warnings, maps, U.S. embassy locations, and more.



Travel Documents

- Before traveling out of the U.S., the right paperwork is required.
 - A valid passport and, depending on the destination, a visa. These documents are literally the permits to travel and are the most important pieces of ID to carry while abroad.
- Having the right documentation is critical for getting in and out of the destination country. Travelers need to know what documents are required **BEFORE DEPARTING**.



Communication from Abroad

- Travelers should check with their mobile phone service to find out whether their phone will work abroad.
 - Most major U.S. phone companies give the option of choosing a plan that will allow international calls on an ongoing basis or as a temporary service while the traveler is out of the country.
 - Travelers should explore all options including cost, coverage areas, limitations and other requirements **prior** to departure.



Communication from Abroad

- Don't forget to check the voltage requirements for the destination country and bring a power converter for the phone charger, if necessary.
- Type frequently used telephone, emergency contact, hotel and transportation numbers on the phone and save them in the phone's address book.
 - Make sure to enter the telephone numbers using the international dialing format.
- Another option to consider is making a traditional cell phone call is using a Voice Over IP (VoIP) which connects calls via an Internet connection.
 - Travelers should explore all options including cost, coverage areas, limitations and other requirements to departure.



Be Protected

- It is important to practice healthy behaviors during the trip and after returning home.
- Keep informed of changing developments through the U.S. State Department, Center for Disease Control (CDC) and World Health Organization (WHO) websites.
- Stay informed of any travel alerts and follow CDC and WHO guidelines for personal protection should there be a local or international infectious disease outbreak.



CDC Travel Notices

<https://wwwnc.cdc.gov/travel/notices>

- The CDC issues different types of notices for international travelers. The notices describe both levels of risk for the traveler and recommended preventive measures to take at each level of risk.

Watch: Level 1, Practice Usual Precautions

- Updated **Novel (New) Coronavirus in the Arabian Peninsula and United Kingdom**
Updated May 09, 2013
- Updated **Cholera in Haiti**
Updated May 01, 2013
- Updated **Cholera in the Dominican Republic**
Updated May 01, 2013
- Updated **Axian Flu (H7N9)**
Updated April 29, 2013
- Malaria in Greece**
Updated April 26, 2013
- Polo, Global Status**
Updated April 16, 2013
- Hand, Foot, and Mouth Disease in Vietnam**
Updated January 16, 2013
- Yellow Fever in Sudan**
Updated January 16, 2013
- Dengue in Tropics & Subtropics**
Updated November 27, 2012
- Sarcocystosis in Malaysia**
Updated November 28, 2012

Notice Level	Traveler Action	Risk to Traveler	Outbreak/Event Example
Level 1: Watch	Reminder to follow usual precautions for this destination	Usual baseline risk or slightly above baseline risk for destination and limited impact to the traveler	<p>Dengue in Panama-Outbreak Watch: Because dengue is endemic to Panama, this notice most likely would signify that there is a slightly higher rate of dengue cases than predicted. Travelers are to follow "usual" insect precautions.</p> <p>Olympics in London-Event Watch: There may be possible health conditions in London that could impact travelers during the Olympics, such as measles. Travelers are to follow usual health precautions making sure they are up to date on their measles vaccine, follow traffic safety laws and use sunscreen</p>

Travel Health Information

<https://wwwnc.cdc.gov/travel/>

- Visit the Center for Disease Control (CDC) website to obtain travel health information for the destination.
- Information includes:
 - Travel Notices in Effect
 - Safety and Security Abroad
 - Preparing for Your Trip to the Country
 - Vaccines and Preventable Diseases
 - Items to Bring With You
 - Staying Healthy During Your Trip
 - After Your Return Home

Health Information for Travelers to Canada



On this Page

- Travel Notices in Effect
- Safety and Security Abroad
- Preparing for Your Trip to Canada
- Other Diseases Found in North America
- Staying Healthy During Your Trip
- After Your Return Home

Safe Practices



- Wash hands with soap and clean water or use an alcohol-based hand cleaner before eating, after coughing or sneezing, and after using the bathroom.
- Be careful about food and water: eat fully cooked food that is served hot or fruits and vegetables that can be washed or peeled by the traveler. Drink only bottled, sealed water or water that has been boiled, and avoid ice.
- In tropical and subtropical countries, diseases spread by insects may be common. Use an appropriate insect repellent and wear long pants and sleeves to protect from bug bites.
- Be aware of and follow safety practice and procedures required by the host facility including but not limited to work in laboratories and field research settings.

Travel Health Kit

<https://wwwnc.cdc.gov/travel/page/yellowbook-home>

An important step in preparing for international travel is to assemble a travel health kit. The contents of a travel health kit should be tailored to the traveler's needs, type of travel, length of travel, and destination.

A travel health kit can help to ensure travelers have supplies they need to:

- Manage preexisting medical conditions and treat any exacerbations of these conditions
- Prevent illness related to traveling
- Take care of minor health problems as they occur

Travel health kits can be assembled at home or purchased at a local store, pharmacy, or online.



Lost or Stolen Passport

Report a lost or stolen valid passport immediately!

- For passports lost or stolen **overseas**, contact the nearest U.S. Embassy or Consulate. A list is available at the following site: <https://www.usembassy.gov/>
- If a passport has been lost or stolen, seek information on compromised identities and identity theft. The Federal Trade Commission (FTC) and the Federal Bureau of Investigation (FBI) are good sources for information on identity theft.



General Tips for Traveling Abroad

- **Write down important information:** Keep it in a secure place. Don't only rely on a cell phone or laptop to store emergency contact numbers, etc. Keep a hard copy back-up with you. You never know where you might be when a disaster strikes.
- **Leave copies of itinerary and passport data page:** Leave copies of your itinerary, passport data page and visas with family or friends, so you can be contacted in case of an emergency.

General Tips for Traveling Abroad

Take precautions to avoid being a target of crime:

- To avoid being a target of crime, do not wear conspicuous clothing or jewelry and do not carry excessive amounts of money. Also, do not leave unattended luggage in public areas and do not accept packages from strangers.
 - Contact local police and your nearest Embassy if you become a victim of a crime overseas, contact local police to report the incident and obtain immediate help. Also, contact the nearest U.S. embassy, consulate, or consular agency for assistance. Remember to request a copy of the police report.

General Tips for Traveling Abroad

Familiarize yourself with local conditions and laws:

- While in a foreign country, you are subject to its laws and regulations, which sometimes differ significantly from those in the United States. Travelers may not be afforded the protections available to the individual under U.S. law.
- Penalties for breaking the law in a foreign country can be more severe than in the United States for similar offenses.

General Tips for Traveling Abroad

- Persons violating the law, even unknowingly, may be expelled, fined, arrested, or imprisoned.
- Penalties for possession, use, or trafficking in illegal drugs may be strict, and convicted offenders can expect jail sentences and fines.
 - If arrested abroad, a citizen must go through the foreign legal process of being charged or indicted, prosecuted, possibly convicted and sentenced, as well as any appeals process. Within this framework, U.S. consular officers provide a wide variety of services to U.S. citizens arrested abroad and their families.

Evacuations and Natural Disasters

- It may be necessary to leave the country prior to the scheduled departure because of a political upheaval or a natural disaster. Unfortunately, these conditions often cause disruptions in commercial transportation. If this happens, and it appears unsafe for Americans to remain, the embassy and consulates will work with a task force in Washington, D.C. to charter special flights and ground transportation to help Americans depart.
- If a natural disaster occurs, and it's unsafe for Americans to remain in country, the embassy and consulates will work to locate and assist U.S. citizens.

Evacuations

- While the U.S. Government cannot order Americans to leave a foreign country, it can advise and assist those who wish to leave. Remember, if you've registered your trip, it will be easier to locate you and get you safely out of the country.
- U.S. consular officers are available to provide assistance if needed.
 - Contact information for U.S. Embassies and Consulates appears on the Bureau of Consular Affairs website at <https://travel.state.gov>.
 - The Office of Overseas Citizen Services in the State Department's Bureau of Consular Affairs may be reached for assistance with emergencies at 1-888-407-4747, if calling from the U.S. or Canada, or 202-501-4444, if calling from overseas.

After You Come Home

- After you return from your trip abroad, get medical attention right away if you aren't feeling well or have been injured. It is especially important to see a doctor if you have a fever, rash, cough, difficulty breathing, or any other unusual symptoms.



Reference

- World Health Organization
<https://www.who.int/en/>



- U.S. Department of State
<https://travel.state.gov/>



- Center for Disease Control (CDC)
<https://www.cdc.gov/>



- Risk Management/EHOS
<https://www.csudh.edu/rm-ehos/>



Pre-Departure Safety Training Acknowledgment

Safety Tips While Traveling Abroad		
SIGN-IN SHEET		
Meeting Date:	Time:	
Facilitator:	Place/Room:	
Name (PRINT)	Signature	Department/Organization