Health

Student Responsibilities
The SAC encourages students to take responsibility for their own health, well-being and accommodation needs by carefully reading the information, advice, and resources provided, including the following websites:
www.travel.state.gov
http://studentsabroad.state.gov
www.cdc.gov
Health information, advice, travel preparation, and vaccines are available at the Travel Clinic at the ISU Thielen Student Health Center. It is the student’s responsibility to visit the Travel Clinic. Contact them at least 8 weeks prior to departure.
http://www.cyclonehealth.org/services/travel-clinic/
If you have a medical condition, CISI (ISU’s study abroad insurance) can help you find out about health resources at your destination. We also encourage you to share information with your Program Coordinator/Director.

Prescriptions
If possible, take enough refills to last the entire trip.
Take an original written prescription, preferably written for a generic version of your medication. Prescription medications MUST remain in the original containers with your name on it.
If you wear glasses or contacts, take along a spare pair and take your lens prescription with you.
If you take a narcotic, take more than two medications, or take a medication by injection, take a letter from your physician that describes your medical condition and the need to carry these items with you. Check with the local embassy to make sure that your medication is legal to carry into the country.

Insurance
Carry your insurance card with you at all times.
Students on ISU programs will have CISI insurance automatically. Students on Affiliate Programs will have insurance through their program providers.
CISI coverage extends 3 days before and after the program dates. If you are traveling outside of that time, you can easily add coverage by logging into CISI. It is only $1.15 per day.

Traveling
You MUST take all prescriptions in your carry-on bag.
Bring basic health/medical supplies in your checked bags (condoms, feminine supplies, etc.)
Consider using compression socks for your flight.
Avoid alcohol and caffeine.
Be prepared for jet lag.

While Abroad
Continue to take any medications that you are currently on.
Be aware of the consequences of combining alcohol and your medication.
Research drinking water and the regulations for food preparation in your country.
Watch for symptoms of culture shock. Avoid making big decisions until you have a chance to settle in. Get assistance if you are feeling depressed or withdrawn.