



## Commonsense Safety, Security and Risk Guidelines

### I. Safety

(Selected Portions from *Travel Health Tips for Students Studying Abroad*, Centers for Disease Control)

Be sure to check with a health-care provider to verify you are up-to-date with all routine vaccinations (i.e., measles, mumps, rubella, tetanus, diphtheria, pertussis, hepatitis A and B, meningitis, influenza, and polio).

See a health-care provider or a travel medicine specialist, ideally 4-6 weeks before travel, to get any additional vaccinations, medications, or information you may need to stay healthy abroad.

Visit CDC's Travelers' Health website ([www.cdc.gov/travel](http://www.cdc.gov/travel)) to educate yourself about any disease risks and preventive measures for the countries where you plan to visit.

Prepare a travel health kit that includes

- supply of your prescribed medications in their original, clearly labeled containers (copies of all prescriptions should be carried, including the generic names for medications, and a note from the prescribing physician on letterhead stationery for controlled substances and injectable medications);
- an anti-diarrheal medication;
- alcohol-based hand gel (containing at least 60% alcohol);
- an antibiotic for self-treatment of most causes of acute bacterial illness;
- insect repellent containing at least 30% DEET if you plan to study in or visit a tropical or subtropical area;
- the name and telephone number of your primary health-care provider;
- a copy of your vaccination record.
- Familiarize yourself with basic first aid so you can self-treat minor injuries.

In developing areas, boil your water or drink only bottled water or carbonated (bubbly) drinks from cans or bottles with intact seals. Do not drink tap water or fountain drinks or add ice to beverages. Avoid eating salads, fresh vegetables and fruits you cannot peel yourself, and un-pasteurized dairy products.

Eat only food that has been fully cooked and served hot, and avoid food from street vendors.

Do not touch animals, including domestic pets, and especially do not touch monkeys, dogs, and cats, to avoid bites and serious diseases (such as rabies and plague).

Wash your hands often with soap and water, especially before meals and after going to the bathroom. If soap and water are not available and your hands are not visibly dirty, use an alcohol-based hand gel (containing at least 60% alcohol) to clean your hands.

Cleaning your hands often with soap and water removes potentially infectious material from your skin and helps prevent disease transmission.

If visiting an area where there is risk of malaria, use insect repellent and a mosquito net for sleeping, wear long-sleeved shirts and long pants outdoors between dusk and dawn, and make sure to take your malaria prevention medication before, during, and after your trip, as directed.

## II. Security

(Selected Portions from *A Safe Trip Abroad*, U.S. Department of State)

Be sensitive to anything that is out of the ordinary. If you feel something is wrong, it probably is.

Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, while in a foreign country, you are subject to its laws!

Do not leave your luggage unattended in public areas and never accept packages from strangers.

Do not become a target for thieves by wearing conspicuous clothing and expensive jewelry and do not carry excessive amounts of cash or unnecessary credit cards.

Use the same common sense traveling overseas that you would at home. Be especially cautious in (or avoid) areas where you may be more easily victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals and crime-ridden neighborhoods.

Don't use short cuts, narrow alleys or poorly lit streets.

If possible travel in groups, rather than traveling alone.

Try not to travel alone at night, and try to stay in lighted areas.

Keep a low profile and avoid loud conversations or arguments.

Do not discuss travel plans or other personal matters with strangers.

Avoid scam artists by being wary of strangers who approach you and offer to be your guide or sell you something at bargain prices.

Beware of pickpockets. They often have an accomplice who will:

- jostle you,
- ask you for directions or the time,
- point to something spilled on your clothing, or
- distract you by creating a disturbance.

Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. Try to ask for directions only from individuals in authority.

Learn a few phrases in the local language or have them handy in written form so that you can signal your need for police or medical help.

Make a note of emergency telephone numbers you may need: police, fire, your hotel, and the nearest U.S. embassy or consulate.

If you are confronted, don't fight back – give up your valuables.

Keep your hotel door locked at all times. Meet visitors in the lobby.

Do not leave money and other valuables in your hotel room while you are out. Use the hotel safe.

If you are out late at night, let someone know when you expect to return.

If you are alone, do not get on an elevator if there is a suspicious-looking person inside.

Read the fire safety instructions in your hotel room. Know how to report a fire, and be sure you know where the nearest fire exits and alternate exits are located. (Count the doors between your room and the nearest exit; this could be a lifesaver if you have to crawl through a smoke-filled corridor.)

In many countries you can be detained for photographing security-related institutions, such things as police and military installations, government buildings, border areas and transportation facilities. If you are in doubt, ask permission before taking photographs.

Be cautious about what you discuss with strangers or what others may overhear.

Do not joke or play pranks about acts of terrorism. Be wise and mature in your conduct.

### III. Risk

#### **Risk Management liability issues and concerns while traveling abroad.**

■ If suffering serious injuries due to a major accident (e.g. car accident, natural disaster, etc), the traveler must do the following:

- Contact group leader of the incident.
- Seek professional assistance through the countries emergency system.
- Contact International SOS in Singapore at 65-6338-7800.
- Keep all pertinent documents about the incident.
- Once you return to BYUH file an accident report with Risk Management in Human Resource Service Office located in the Lorenzo Snow Building room 136, contact number is 293-3713. Remember to bring all documentation regarding the accident with you.

■ **“Do’s and Don’ts”** if you cause damage to someone else’s property, vehicle, etc, while traveling:

- **DON’T** tell the individual “don’t worry, the University will take care of everything”. (These cases are handled on a case-by-case basis.)
  - **Don’t** offer money or promises. (This will only cause more confusion in resolving the problem.)
  - **DO** gather all the information you can regarding the incident. (This includes dates, time, name of individuals, item damaged, etc.)
  - **Do** talk to your group leader about the problem.
  - **Do** assure the injured party that someone from the University will be in contact with them as soon as you return home.
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