

HEALTHY TRAVEL TIPS from Dick's House

How Dick's House can assist with your trip preparation:

If you are headed to a destination where travel-related vaccines are recommended, Dick's House can probably administer the vaccines. These destinations are usually in the developing world.

For independent travelers, call for a travel consult appointment where we sit down together, review your itinerary and dates, and formulate a plan re: vaccines, anti-malarial meds, etc.

For group travel (e.g. LSA/FSP, Tucker, clubs, Alt. Spring Breaks, DMS, Tuck), recommendations are drawn up for the group and blitzed out to all participants. If you are part of organizing a group, please phone Dick's House to let us know it's happening.

Bring to the appointment any records (or International Yellow Book) you may have of previous travel vaccines. Dick's House keeps a record of what we give, but many students have traveled previously and had vaccines elsewhere. We need that information and those dates in order to make new destination recommendations.

Get your vaccines on board at least two weeks prior to departure. This allows time for an antibody response to the vaccine.

Travel Vaccines are scheduled only at certain times of the week. Appointments are more difficult to secure late in the term, so plan early.

Travel vaccines can be costly, and most health insurance plans do not cover them. You can charge the cost of vaccine to your student account.

To schedule travel consult or vaccine administration, call 650 1401 from 8am-4pm.

..... **Before Leaving Don't Forget:**

****Bring along any medications you use regularly or think you may need.** Have adequate supply for your trip. All prescription meds should be in original, labeled container. Save yourself the trouble of trying to get a prescription written and filled abroad.

****Bring along personal First Aid kit** composed of some bandaging supplies, hand sanitizer, Tylenol and/or Ibuprofen, perhaps anti-diarrhea meds plus your personal favorites.

****Bring along an extra pair of eyeglasses, plus a copy of you eyeglass/ contact lens prescriptions** in case you need to replace them while abroad.

****Have a dental check-up before you go, especially if you will be away for an extended period.**

Health Insurance while abroad:

Dartmouth Student Group Health Plan (DSGHP) covers health care expenses incurred abroad. The student should be prepared to pay for service up front, get diagnosis in writing (in English) and a receipt for \$ paid. On return, a student submits information for reimbursement. Call DSGHP 650-1439 if you need clarification.

If you have other health insurance, check with your company to learn what coverage you have while abroad.

Travel-Health Online Resources:

<cdc.org>

<lonelyplanet.com/health/>

<tripprep.com>