

## **STUDENT TRAVELERS**

Summer break means an escape from the daily grind and possibly some traveling. Every year since 2012, OU has had record numbers of students venturing abroad as cited here: [Record Numbers of OU Students Venture Abroad](#). OU travelers will have a safe and enjoyable adventure. For some though, the trip can become unpleasant due to a whole host of possible diseases, tainted food and drink, and health risks. Be Prepared. This is your time. It is all about you, and YOU are in charge of your health, safety, and well-being. Students planning travel should check out the Health section at the website [Students Abroad](#).

It is also a good idea to plan and prepare a [Travel Health Kit](#). The purpose of packing a travel health kit is to ensure travelers have supplies they need to:

- manage pre-existing medical conditions
- prevent illness related to traveling, and
- take care of minor health problems as they occur

For a more comprehensive list of supplies, click on: [Travel Health Kit](#)

### **PREVENTION IS PRIMARY:**

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- Wash your hands often with soap and water. If you don't have soap, use alcohol-based hand sanitizer.
  - Cover your coughs and sneezes.
  - Protect yourself from the sun. Use sunscreen with SPF 15 or higher, a hat or head covering, sun glasses.
  - Drink and eat regularly to stay hydrated.
  - Practice healthy behaviors. If you drink alcohol, drink in moderation. Do not drive if you have been drinking. Use latex condoms if you have sex. Make sure equipment used for tattoos and piercings is clean and sterile.
  - Stay alert, especially in crowds. Choose a place to meet if you get separated from your group. Travel with a friend or group rather than going out alone.
  - Exercise caution when traveling. Wear a helmet when you ride a bike or motorcycle and be careful crossing the street; make sure you look for oncoming traffic from both directions. If traveling by car, use seatbelts and be familiar with traffic in countries that travel on the left side of the road.
  - Follow local laws and customs.
  - Make a photocopy of your passport to carry with you at all times.
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### **Travel Information**

- [Travel News & Alerts](#)
- [Smart Traveler Enrollment Program \(STEP\)](#)
- [CDC Travel Health Notices](#)
- [Protective Measures against Bed Bugs](#)