

HEALTH INFORMATION FORM

Business, Culture and Education Study Tour in China, Summer 2010
Center for International Programs, Marshall University

Please read, sign, and return this form

I. Medical Conditions

Marshall University, Center for International Programs, recommends that all participants get a thorough physical examination before participating in the program. Discuss with your physician your intent to participate and get advice for managing your physical and emotional health while in another country. Describe your health condition (allergies, medications, disabilities, psychological treatment, dietary requirements, and medical needs) with your physician, and seriously consider the appropriateness of your participation in the program in China

Actions:

1. If you have any medical psychological condition that may require attention while you are abroad, discuss this with your physician before going abroad.
2. Ask your physician if your medication will be readily accessible in China.
3. Take necessary medication (in original, labeled containers) and written prescriptions with you.
4. It is advisable that you carry a letter from your doctor explaining the use of your medication so it is not suspected as contraband.
5. Get necessary immunizations well in advance of your departure. See the CDC web page for relevant immunizations (<http://www.cdc.gov/travel>).

II. Medical Facilities/Services

Medical facilities and services will not be the same in every country. It is important to understand as much as possible about the facilities and services in your host country before you should need them.

Actions:

1. Be sure you collect information about medical facilities and services in your host city/country.
2. You will need to understand where to go for common health needs (i.e., cold, stomachache, flu, etc.) and where to go for emergencies or major medical needs.
3. You will need to know how medical services are paid for.
4. Understand your insurance coverage, what is not covered, how to make claims, etc.
5. You will need to know who to contact in case of a medical emergency.

III. Mental Health

Not all countries have mental health support services similar to that in the U.S. Thus, students may not have access to mental health services in some countries. Whether

students have utilized mental health services in the past or not, it is important for students to know if, what, and where those services are available in their host country.

Actions:

1. Students who are currently, or have utilized mental health services in the past, should contact their local physician or college health official. Students who are currently involved with the mental health services should discuss the advisability of participating in study abroad and issues related to cultural adjustment with their mental health practitioner.

IV. Emergency Protocol

The majority of participants in study abroad never experience an emergency while abroad. However, in the unlikely event that you should experience an emergency situation, it may be less traumatic when you are prepared to deal with it effectively and efficiently, your study abroad program director will have emergency procedures for various situations. It is important that you maintain close communication and let your program director know where you are at all times.

Actions:

1. Carry some form of identification with you at all times (your name, your host country address, host country phone #, passport #)
2. Carry emergency numbers and contacts with you:
 - Local police
 - Coordinator in host country
 - Parent/guardian/emergency contact at home
 - Embassy in host country
 - Insurance contact information
 - Physician and mental health practitioner at home
3. Know where the local hospitals are located and how to get there
4. By preparing yourself to respond to different types of emergencies you will feel more confident that you know what to do in the rare event that an emergency should occur:
 - Natural disaster
 - Civil unrest/terrorism
 - Medical/mental health injury or trauma
 - Criminal violence or trauma

V. Persons with Disabilities

Participants with disabilities should contact the Marshall University, Center for International Programs.

By signing below, I indicate that I have read and understood the above stated recommendations about health and safety related to study abroad.

Signature

Date