

International Travel Health and Safety Checklist

It is your responsibility to prepare for your international travel from a health and safety standpoint. Consider the following:

- 1) Verify that your health insurance works in your destination country. If not, obtain coverage. You are eligible for discounted coverage through International SOS by visiting <https://buymembership.internationalsos.com/> and entering DU membership #11BSGC000067. Feel free to shop around with other providers such as STA Travel, etc. Faculty and staff travelers need to assure that they have health coverage for non work related illnesses and injuries.
- 2) Visit a travel clinic and received all required vaccinations and/or prophylaxis, medications, etc. for your trip as directed by your doctor. Take safety precautions with food and water while in country if necessary.
- 3) Plan for any ongoing health concerns including obtaining an adequate supply of your medications. Be aware that some medications prescribed in the U.S. are not legal or available in all countries.
- 4) Consult International SOS (login to the DU Portal at <https://www.internationalsos.com> with DU membership ID #11BSGC000067 for country guide and to sign up for email alerts). Call International SOS (1-800-523-6586) with any pre-trip concerns, questions about health or safety while in country, or in the event of an emergency. If you have a smartphone, consider downloading the ISOS smartphone app. Be sure to familiarize yourself with your International SOS benefits and exclusions: <http://www.du.edu/intz/media/documents/intlevacrepatriationcoverageinsurance.pdf>.
- 5) Develop a crisis plan. If you are working with a non-profit organization, university, government, or company, ask for a copy of their crisis plan. Be sure that you know what to do and where to go in the event of an emergency. See <http://www.du.edu/intz/media/documents/best-practices-intl-crisis-planning.pdf> for more information.
- 6) Take steps to mitigate travel security risk. This includes, but is not limited to, securing accommodations in safe areas of town, taking safe modes of transport, maintaining situational awareness at all times, securing valuables (or not taking them at all), dressing conservatively/observing and respecting local customs, monitoring current events and modifying trip if necessary, avoiding demonstrations and large gatherings of people, bringing or obtaining a working cell phone and staying in touch with DU and/or family and friends, etc. Female travelers should take any extra safety precautions where necessary.