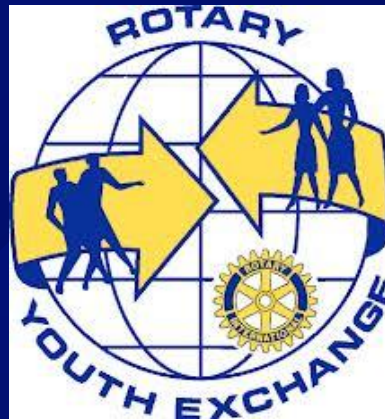


GUIDELINES TO STAY HEALTHY AND SAFE

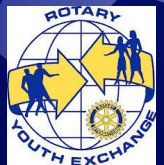


Maureen Considine
D 5020 USA

Sofía Sotomayor M.
D 4100 Mexico

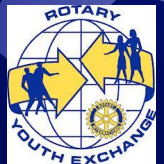
With Updates for 6220 – Sandy Testin

- ✦ **Living and studying in another country will be an enriching and rewarding experience, especially if the students are prepared to take certain precautions**
- ✦ **Safety is not something that students should take lightly**
- ✦ **This session will provide tips on avoiding unsafe situations and staying healthy**
- ✦ **Following these precautions will reduce the risk of encountering problems**

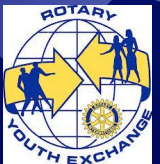


BEFORE YOU GO

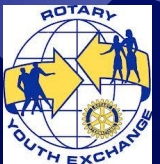
- ★ Familiarize yourself with the local laws and customs in the country which will be hosting you
- ★ Exchange students are expected to obey those laws, which may include dress standards, photography and telecommunication restrictions, curfews, etc
- ★ The more you know about the culture, the better prepared and protected you are



- ✴ **Plan your wardrobe so that it does not offend locals, nor draw unwanted attention to yourself.**
- ✴ **Do not wear expensive clothing.**
- ✴ **Think about what to pack!**

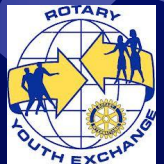


- ✦ **Make copies of your passport, airplane ticket, and credit cards that you will be taking with you.**
- ✦ **Leave a set of copies at home.**
- ✦ **Take another set with you, but separate from the originals. Do not put these important documents in your checked luggage.**
- ✦ **Make sure your natural family knows how to contact you and your host family in the event of an emergency.**



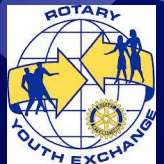
PREPARE EMERGENCY ENVELOPES

- ✦ Bring 4 four envelopes
- ✦ Give one to your counselor
- ✦ Give one to each of your host families
- ✦ Keep one for yourself



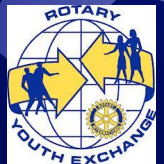
CONTENTS OF EMERGENCY ENVELOPES

- ★ Copies of your insurance card(s) with instructions for use.
- ★ Emergency phone/e-mail list- folks at home
- ★ Phone/e-mail list of host families and counselor
- ★ Photocopies of passport

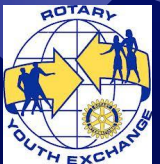


INFORMATION TO KEEP IN YOUR WALLET

- ✱ Copy of your passport
- ✱ Insurance Card
- ✱ Allergy or other medical info that Emergency Personnel should know
- ✱ Phone numbers
- ✱ Directions to home of first host family with references for car, bus or taxi arrival.

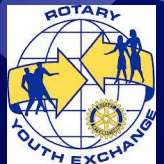


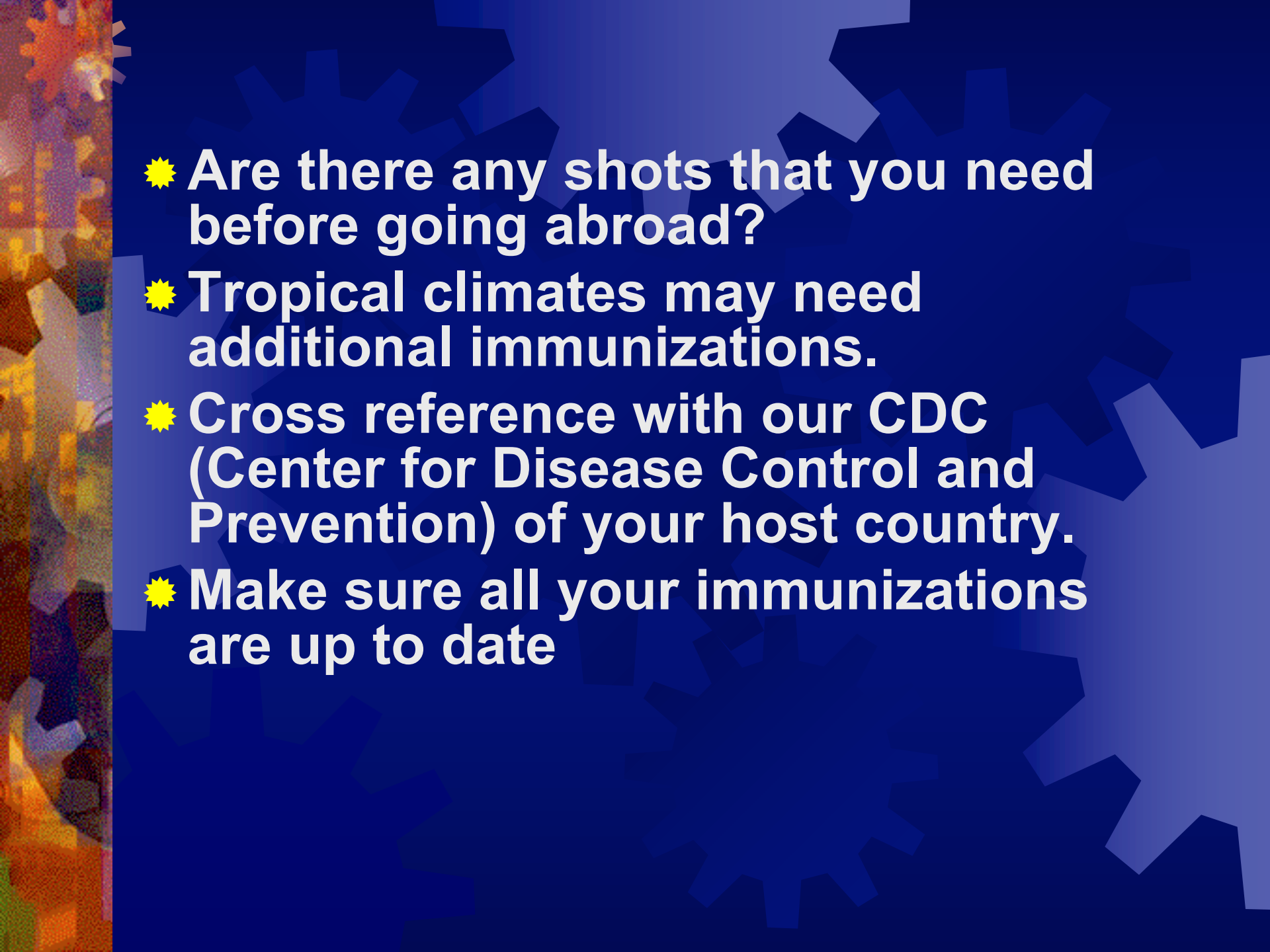
- ☀ **Carry the contact info for the Office of Overseas Citizen Services in the State Department's Bureau of Consular affairs.**
- ☀ **Ph 001.202.501.4444 when calling from Overseas.**



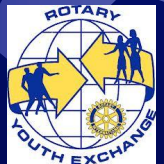
STAYING HEALTHY AND SAFE

- ★ Just like here in your home country, your personal health and safety is mostly your responsibility
- ★ Accidents happen, but they happen less often when you focus on prevention
- ★ Illness happens but there are things you can do to reduce your risk



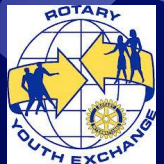
- 
- ✦ **Are there any shots that you need before going abroad?**
 - ✦ **Tropical climates may need additional immunizations.**
 - ✦ **Cross reference with our CDC (Center for Disease Control and Prevention) of your host country.**
 - ✦ **Make sure all your immunizations are up to date**

- ☀ **Take any necessary medications, in original containers in your carry-on luggage during the flight.**
- ☀ **Make sure you take a copy of your prescription with you.**
- ☀ **Don't forget your insurance card with you.**



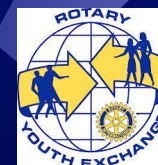
LET YOUR HOST DISTRICT KNOW

- ☀ Let us know if there are any medications not listed on your application form.
- ☀ For an ongoing prescription bring a minimum of 12 refills.
- ☀ Always carry medications in their original container.



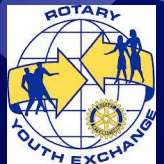
MEDICATIONS (cont)

- ✦ Bring a small supply of over the counter medications for pain relief, cold, cough, flu and menstrual cramps.
- ✦ Carry all prescription medications in your carry-on luggage.



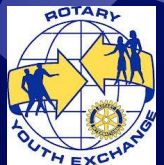
IF YOU FEEL ILL

- ✱ Don't pretend you feel well
- ✱ Tell your host parents
- ✱ Antibiotics only work for bacterial infections, take them only when needed
- ✱ Be careful about buying medications over the counter in another country- check with your host family if you are unsure



IF YOU FEEL ILL (cont)

- ★ Remember that health beliefs are part of a culture: a suggestion or comfort measure may seem strange to you. It just might work!
- ★ If you have to see a physician, try to find a translator.



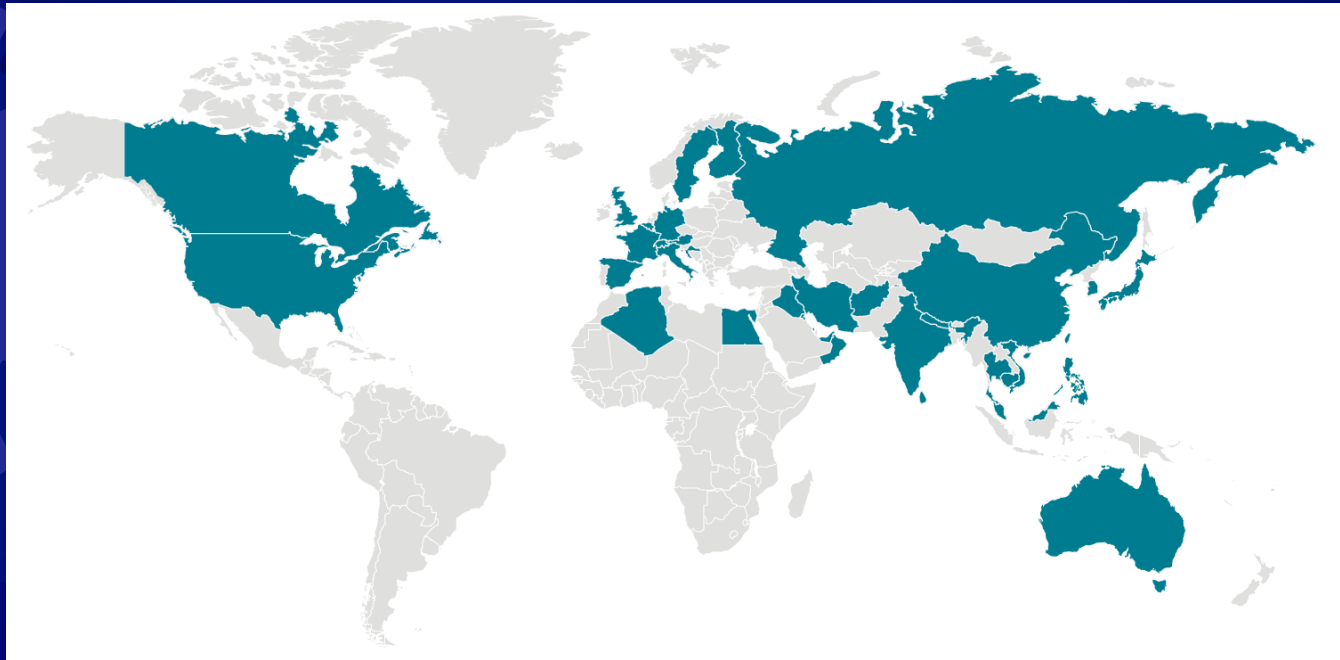


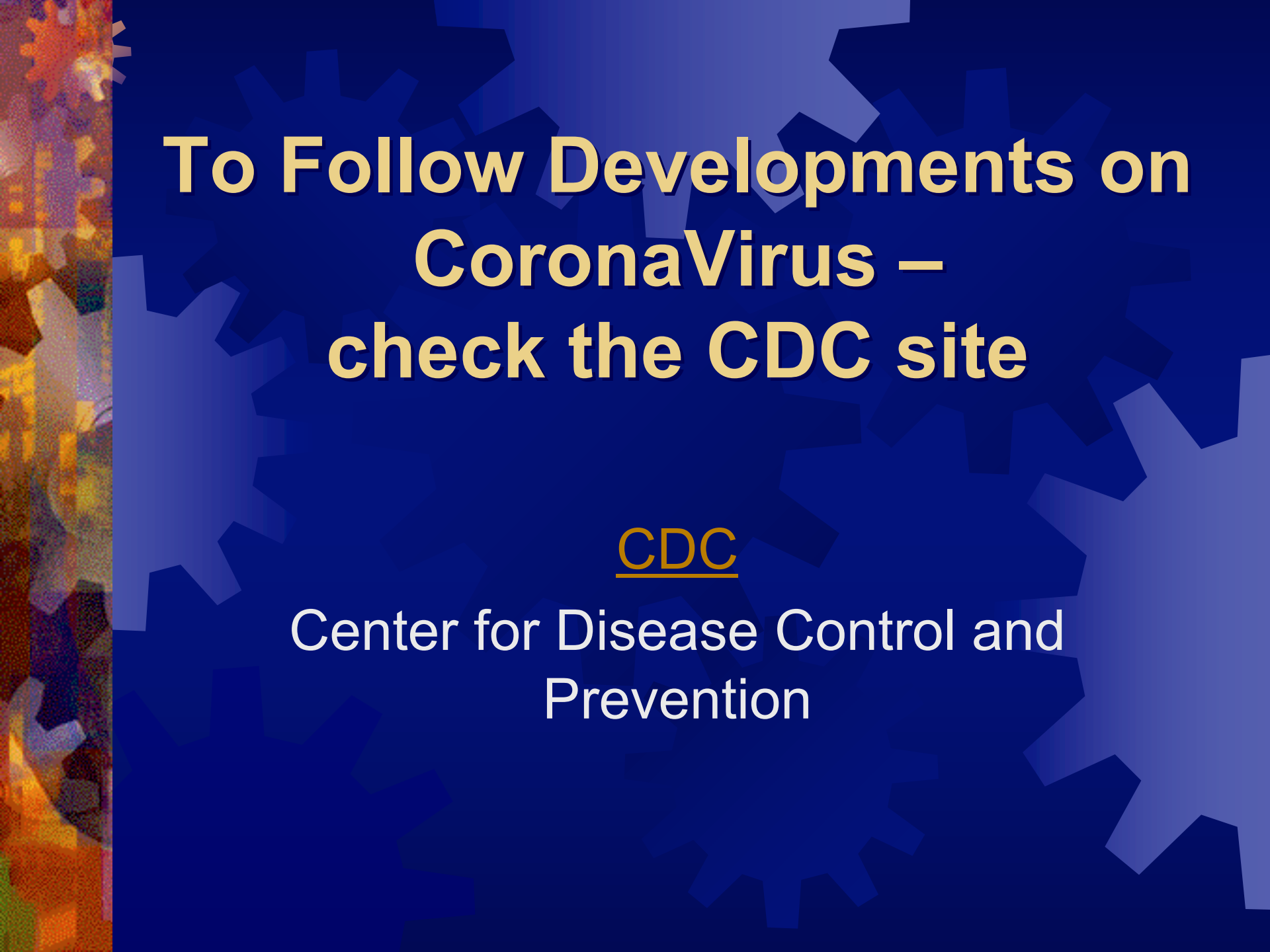
COVID 19- CoronaVirus

We are all watching the
developments of this virus

The CDC and Rotary take this
illness very seriously

CoronaVirus – as of 2/26/20





**To Follow Developments on
CoronaVirus –
check the CDC site**

[CDC](#)

Center for Disease Control and
Prevention



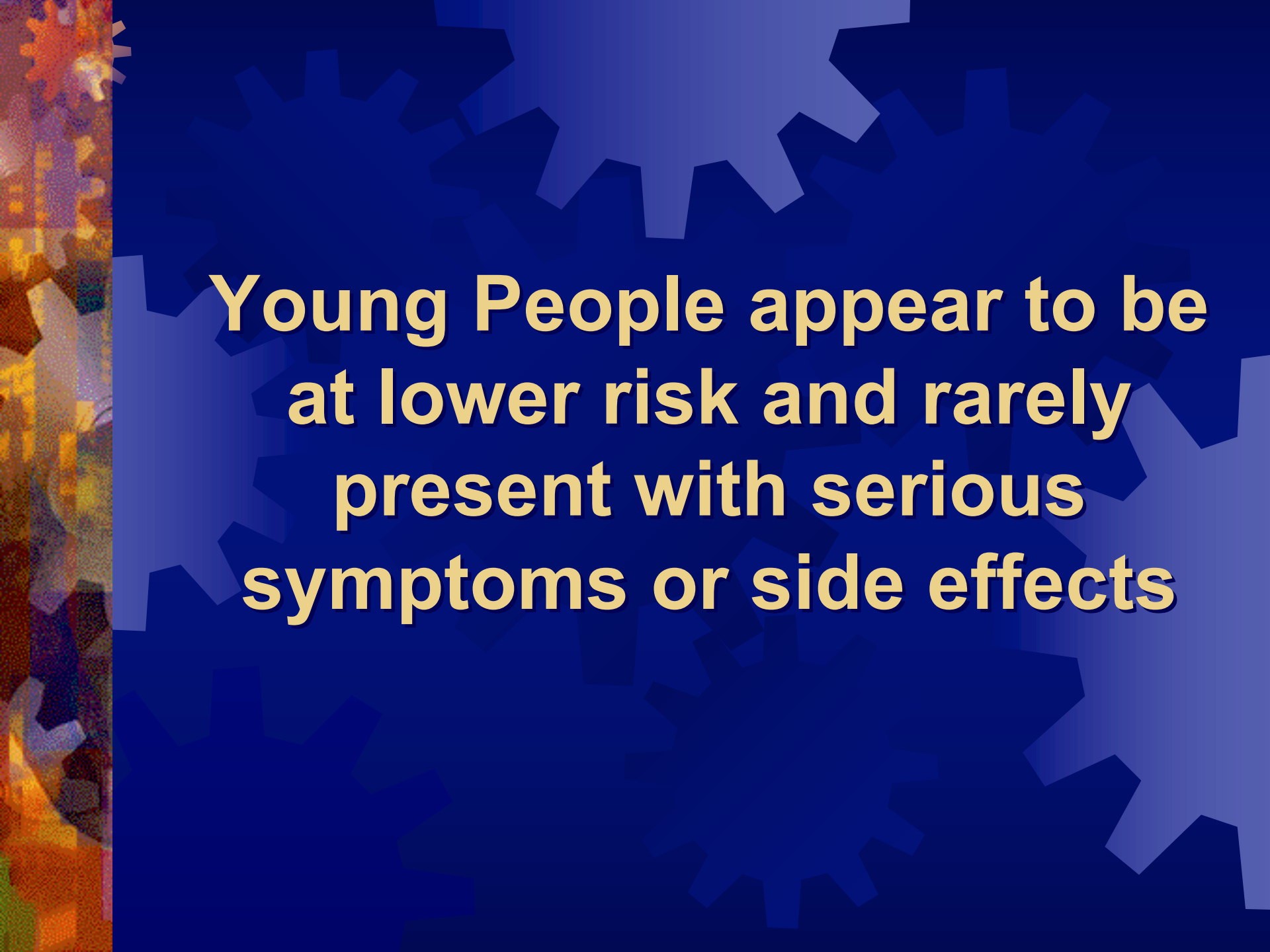
**Corona Virus is most
commonly spread from
person to person**

**Usually from droplets when
an infected person coughs
or sneezes**



**Wearing masks is currently
only recommended for
infected people and health
care providers**

An exception might be on a plane
if someone within a few seats or a
row in front or back of you is
coughing or sneezing.



**Young People appear to be
at lower risk and rarely
present with serious
symptoms or side effects**

Symptoms of CoronaVirus:

1. Fever
2. Cough
3. Shortness of breath

Always let your host family know if you are feeling unwell.

The background of the slide features a dark blue field filled with various-sized, semi-transparent blue gears. On the far left, there is a vertical strip with a colorful, abstract, and textured appearance, resembling a close-up of a mechanical part or a digital graphic.

**Rotary and District leaders
will be watching for new
developments on this virus**

A Weekly Influenza Surveillance Report Prepared by the Influenza Division

Influenza-Like Illness (ILI) Activity Level Indicator Determined by Data Reported to ILINet

2019-20 Influenza Season Week 7 ending Feb 15, 2020

ILI Activity Level

- High
- Moderate
- Low
- Minimal
- Insufficient Data

Alaska

Hawaii

Puerto Rico

New York City

District of Columbia



Influenza

The CDC estimates that so far this season there have been at least 29 million flu illnesses, 280,000 hospitalizations and 16,000 deaths from flu

Wash your hands, cover coughs and sneezes!



Staying Healthy

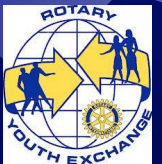


Wash Your Hands

The most effective thing you can
do to reduce your exposure to
bacteria and viruses

**Is tap water safe to drink in your
host country?**

**Take your clues from your host
family.**



The background features a dark blue field filled with various sizes of interlocking gears in lighter shades of blue. On the far left, there is a vertical strip with a colorful, abstract, and textured appearance, resembling a microscopic view or a digital collage.

**Keep Your Immune
System Healthy!**

NUTRITION

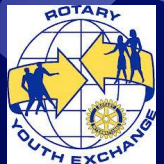
- ✱ **Eat healthily and you will feel better emotionally and physically.**
- ✱ **Weight fluctuations are normal in an exchange year- most students gain weight initially.**

NUTRITION (cont)

- ★ **Street Food: Eat at the places where your family and friends eat, they know how to choose.**
- ★ **Be especially cautious in the first weeks**

EXERCISE

- ✱ Helps you feel better emotionally and physically.
- ✱ Gives you more energy.
- ✱ Helps with feelings of depression.
- ✱ You will sleep better.
- ✱ Gives you some quiet or alone time.
- ✱ Bring comfortable walking shoes and other important sporting gear.



Sleep

1. Your brain will need sleep – learning and thinking in a new language is hard work
2. Figure out ways to maximize sleep!
3. Keep electronics away from the bed
4. Do not communicate with home at night



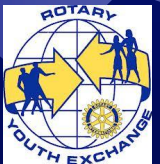
Stress

You are going to have some stress – what are your coping mechanisms?

Make a list and share with your parents - seriously

GROWING UP IN A SAFE, SECURE COMMUNITY

- ★ Those of us from “up north” can be security-impaired!
- ★ You need to cultivate a new awareness and sense of vigilance
- ★ Don't go out alone when you first arrive –learn the ropes from your host family and peers
- ★ Don't ever give up control of your surroundings

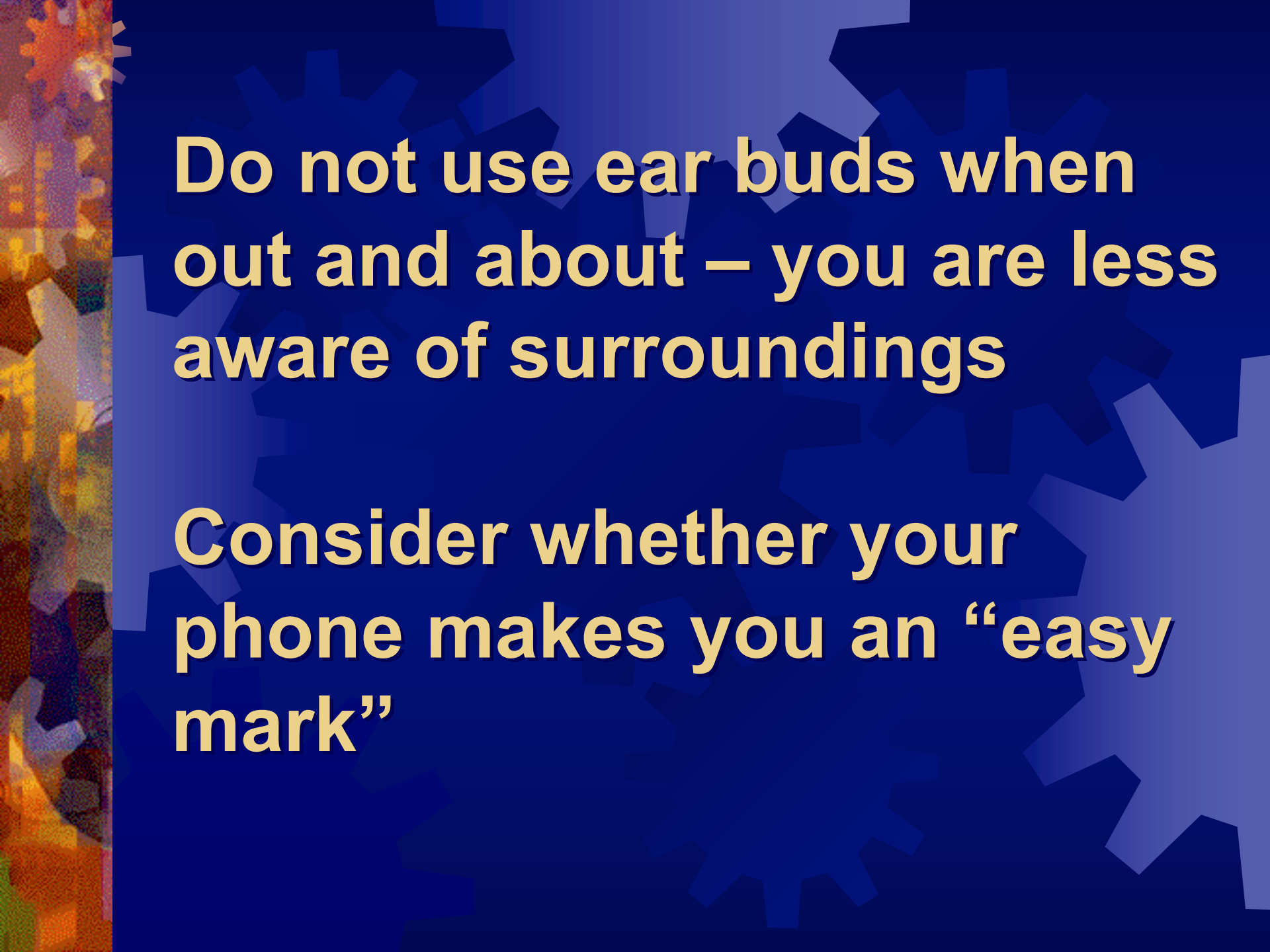


GROWING UP IN A SAFE, SECURE COMMUNITY (cont)

- ✱ **When you go out, plan what you would do and where you would go if you got lost or had a problem – a shop, restaurant, police station or library.**
- ✱ **Before you leave your home, make sure that you have your ID card.**

GROWING UP IN A SAFE, SECURE COMMUNITY (cont)

- ★ If your cell is in a pre-paid plan, make sure you always have credit.
- ★ Learn how to use a public phone and carry phone money and phone numbers always.

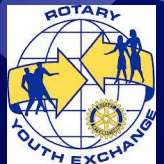


**Do not use ear buds when
out and about – you are less
aware of surroundings**

**Consider whether your
phone makes you an “easy
mark”**

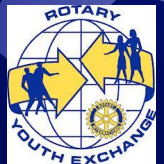
GROWING UP IN A SAFE, SECURE COMMUNITY (cont)

- ✱ Always watch what you drink. Don't let your drink out of sight.
- ✱ Make sure your backpack have the zippers or fasteners closed.
- ✱ Always tell someone where you are going and when you will be home. Be sure to call your host parents if your plans change while you are away from home.



GROWING UP IN A SAFE, SECURE COMMUNITY (cont)

- ★ Make sure you know who is coming to pick you up. Never get into a car with someone you don't know.**
- ★ If you are on a bus or train, and someone makes you feel uncomfortable, move to a seat near the driver.**
- ★ Think things through carefully before you act and do not take unnecessary risks.**

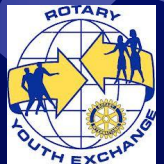


GROWING UP IN A SAFE, SECURE COMMUNITY (cont)

- ★ If you do get lost or separated, follow your plan – or go to a shop or place where you will be seen by lots of people to ask directions.**
- ★ If someone you don't know talks to you in a way that makes you feel uncomfortable, walk away.**

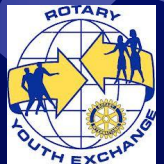
ELECTRONIC DEVICES

- ✱ Do not leave electronic devices unattended.
- ✱ Don't share passwords.
- ✱ Be careful with Wi-Fi networks.
- ✱ Use up-to-date protections for antivirus, spyware, security patches and firewalls.
- ✱ Do not use somebody else's flash drive.
- ✱ If your device is stolen, report it immediately and change your passwords.



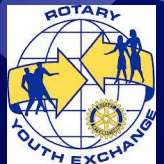
SEXUALITY RULES AND GENDER ROLES

- ✱ Sexism is all over the world - in North America and Northern Europe it is just more subtle
- ✱ You don't know the rules of your new culture regarding gender roles
- ✱ You may not like the rules about gender roles
- ✱ You are not going to change a culture's rules in one year - beware of trying!



WHISTLES, CATCALLS AND OTHER UNSOLICITED ATTENTION.

- ★ Ask advice from same gender friends and host family members
- ★ You may be sending messages that you are not aware of
- ★ Get advice about what is acceptable/tolerated behavior and what is unacceptable sexual behavior



WHEN THE LINE GETS CROSSED

- ✱ There is a difference between feeling confused and uncomfortable and feeling unsafe.
- ✱ Experiencing discomfort is part of being in a new culture.
- ✱ If you do not feel safe there is a problem that needs to be addressed.



If You Feel Unsafe...

- Trust the little voice inside you
- You need to tell someone
- Rotary is committed to keeping you safe



Serious relationships during your exchange

- It will complicate your life
- It can limit the development of new friendships
- It is hard to maintain a relationship over time and distance
- Cross cultural relationships have a special set of challenges

Alcohol

- Many countries outside of North America are more relaxed about alcohol and teenagers.
- Still there are rules- spoken and unspoken.
- It is not OK to break those rules.

Drinking Alcohol:

- Clouds your otherwise very good judgment.
- Increases your vulnerability.
- Is especially dangerous in combination with driving, bicycling, skiing and sex (Duh!)
- Is something to be intentional about.

Smoking

- Most countries will not receive or send teens who smoke
- Outside of N. America, many more people smoke
- Students sometimes start smoking to “blend in”
- Starting is easy – quitting is incredibly hard

Tattoos and Piercings

- In many countries these business have no safety or health standards
- There is increased risk of infections – some of which are very dangerous: Hepatitis B, flesh eating bacteria and HIV
- You do not know what piercings or tattoos may symbolize in your host country

Tattoos and Piercings, cont'd

- You may choose a tattoo or a piercing for a very innocent reason
- You may be communicating something very, very different
- Both are unnecessary health risks to take on your exchange
- Most districts have rules against both
 - not worth a ticket home

Other Safety Issues (might make you a geek but not an organ donor)

- Wear a bicycle helmet – you might start a trend
- Buckle up in the car – even if you are the only one who does!
- If you are out at night, wear something reflective or use lights to be visible
- Always have a back up plan – a safe way home

REMEMBER

- ★ These safety rules are meant to help you make wise decisions
- ★ Safety is an important part of learning to take care of oneself
- ★ Knowing what you are up against while abroad, can help to avoid problems and make the exchange year the best adventure of their lives

