

# Health & Safety Checklist

If you have questions or concerns regarding your COST Placement, please contact your institution's COST Coordinator.

## HEALTH CARE SYSTEM

- I know who to contact in the event of an emergency while abroad and have packed the COST Emergency Plan document.
- I have thoroughly reviewed the Center for Disease Control information and Consular Information Sheet(s) for the countries I will be visiting.
- I understand that the availability of some prescription medications may be limited. I am bringing an ample supply of medications I am currently taking to last for the duration of time that I will be abroad. I have also checked with my host country's Embassy for information on any restrictions that may apply regarding bringing prescription medications into the country. **IMPORTANT:** Always pack medications in your carry-on luggage. DO NOT put prescription medication in your checked luggage.
- I have a copy of my prescription(s) (including information on the generic equivalent) and a letter from my physician describing the medication I will be carrying, how much I should have, and what it is for.
- I am aware of the recommended immunizations for all of the countries in which I will be traveling.
- I have checked my records to ensure that I have received all routine immunizations for tetanus, diphtheria, measles, mumps, rubella, and polio.
- I have made arrangements to meet with a health care professional to discuss any questions or concerns I have relating to required or recommended immunizations.
- I have carefully reviewed my health insurance policy and understand what I am covered for in the event of illness or injury overseas. I have also explored the limitations that may apply to this policy and have considered supplemental plans that are available to me.
- I understand how my health insurance coverage will work overseas.

## LEGALITIES AND CUSTOMS

- I understand that I am subject to the laws of all the countries that I will be visiting.

I understand that I am subject to the laws and customs with regard to alcohol and drug use in all countries that I will be visiting.

I am aware that the sexual mores and legal and illegal practices may be different in the countries that I will be visiting.

I understand that, as an American citizen, if I am caught engaging in illegal activity while abroad, there is little that COST, my home institution, or the US Government can do to assist me.

#### **DIET**

I know what kinds of foods are typical of the region I am visiting.

I am aware of the quality of the drinking water in the region and plan to take necessary precautions for disinfecting contaminated water, if necessary.

I understand that at times a strict vegetarian or other diet may be difficult to accommodate and have planned accordingly for this possible difficulty.