



**USF College of Medicine
Office of International Affairs
1 Tampa General Circle, G318
Tampa, FL 33606
Phone: (813)844-8918
Fax: (813)844-7605**

International Travel Information Packet for Medical and Nursing Students, Residents and Fellows

Instructions: All USF medical and nursing students, residents and fellows travelling internationally **with an academic purpose** must complete this checklist (pgs 1-5, 9) and the attached waiver (pg 10) and return the forms to the College of Medicine Office of International Affairs at least two weeks prior to departure. If you are travelling internationally for personal reasons (including volunteering abroad), we recommend that you review the checklist but you are not required to complete any forms.

Name: Student ID Number:

Cell Phone: Email:

Country of Visit:

Student's International Address:

Student's Phone Number:

International Advisor's Address:

International Advisor's Phone Number:

Dates of Travel:

I am a: Medical Student Nursing Student Resident Fellow

Reason for Travel: rotation research volunteer work

training other

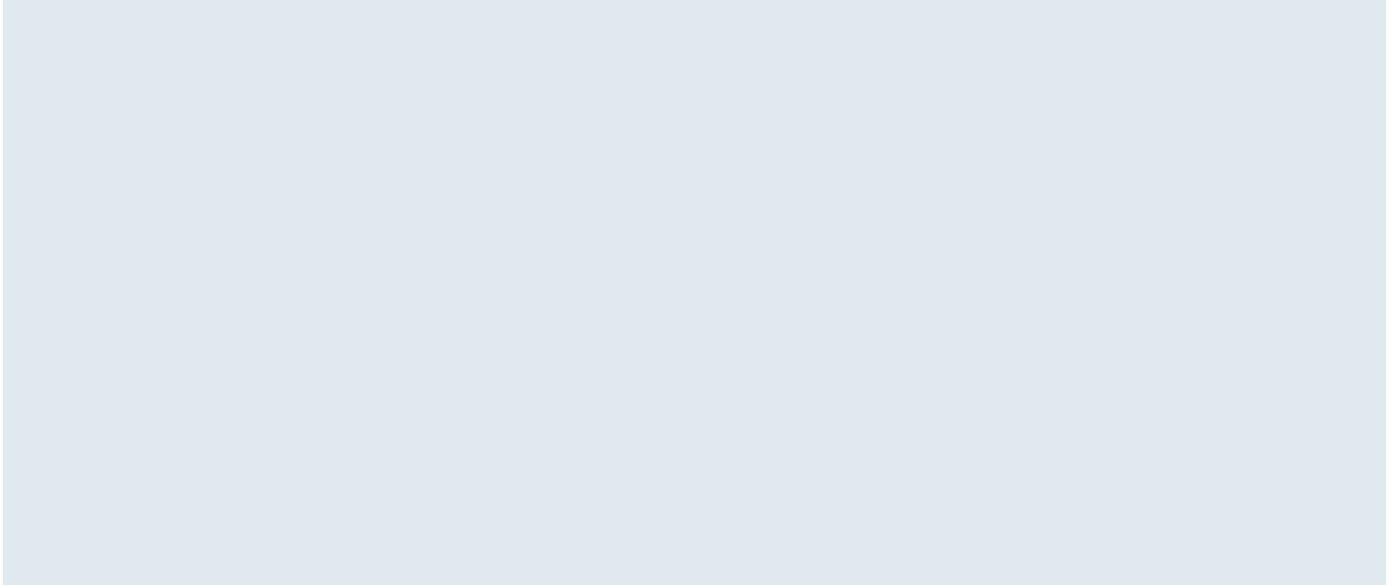
My Department Chairman Advisor is:

Travel history (country & date):

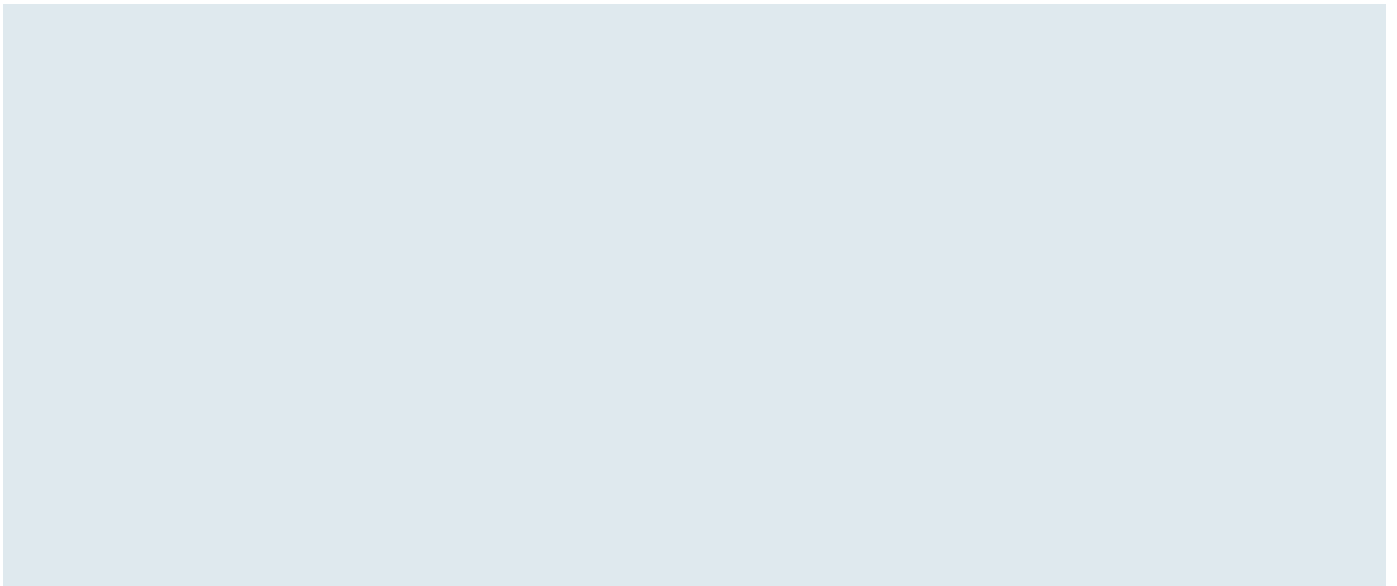
Languages spoken fluently:

International Travel Objectives

What do you intend to learn during your international elective/trip?



Please briefly describe how this trip will enhance your medical school and/or career objectives:



Mandatory Pre-Departure Checklist

Valid Passport: Do you have one?

Obtain a passport from your country of citizenship that is valid no less than six months beyond your departure date from the country you are visiting. If you hold U.S. citizenship, visit the U.S. Bureau of Consular Affairs website for information on obtaining a new passport or renewing an existing passport: http://travel.state.gov/passport/passport_1738.html

If you are not a U.S. citizen, contact the embassy of your country of citizenship to find out about visa and passport requirements for your destination country. The following website provides contact information about foreign embassies in the U.S.

<http://www.embassy.org/embassies/>

Visa Requirements: Do you meet them?

Check visa requirements for the country to which you are travelling. If you hold U.S. citizenship, certain countries do not require an additional business/tourist visa. The U.S. Bureau of Consular Affairs website provides information on entry requirements of various countries:

http://travel.state.gov/travel/tips/brochures/brochures_1229.html

It is your responsibility to check the visa and other entry requirements of your destination country. Remember to apply for visas far in advance of your departure date.

Immunizations/Vaccinations: Are you protected?

Check the CDC or WHO websites for information on traveler's health specific to your destination country. Certain countries require proof of immunizations upon entry.

This information can be found at the following websites:

CDC: <http://www.cdc.gov/travel/>

U.S. Department of State: http://travel.state.gov/travel/tips/brochures/brochures_1229.html

WHO: <http://www.who.int/ith/en/>

Malaria Prophylaxis: Is malaria prophylaxis recommended by the CDC?

Which medication will I be taking?

Who is prescribing this medication?

Chemophylaxis Resources

http://www.who.int/ith/chapter_7_2008.pdf

<http://www.cdc.gov> or (877)394-8747

Acute Dx/Tx: (770)488-7100

HIV and other Bloodborne Infection Universal Precautions

Update your knowledge about Universal Precautions against HIV and other bloodborne infections.

Information about this can be found at:

CDC: http://www.cdc.gov/ncidod/dhqp/bp_universal_precautions.html

Mandatory Pre-Departure Checklist (cont'd)

Medical Insurance: Has this been arranged?

Arrange for medical insurance. The State of Florida requires that all students traveling abroad with an academic purpose maintain valid insurance for illness and injury. Students must show proof of health insurance valid outside of the U.S. or they must purchase insurance through USF.

The USF Study Abroad Office has a contract with Cultural Insurance Services International (CISI), an insurance company that provides international medical coverage and medical evacuation coverage for USF faculty, staff and students. This plan is \$31 per month and can be purchased by contacting the USF Study Abroad Office at: (813)974-4314.

My medical insurance carrier is:

*****Please attach a copy of your medical insurance card/certificate to this packet*****

Evacuation Insurance: Has this been arranged?

Arrange for evacuation insurance. USF will not be responsible for evacuation due to injury or illness. You must purchase evacuation insurance. If you are purchasing the CISI health insurance plan through the USF Study Abroad Program, this coverage also includes medical evacuation coverage. If you are using your personal health insurance plan, then you must purchase additional evacuation insurance. Below are two companies that sell medical evacuation insurance:

International SOS provides extensive information on purchasing appropriate evacuation insurance:

<http://www.internationalsos.com/buymembership/>

MEDEX coordinates medical assistance abroad and provides both medical evacuation insurance and international medical insurance. They also provide international travel assistance and security assistance. Information can be found at:

<http://www.medexassist.com/>

My evacuation insurance carrier is:

*****Please attach a copy of your evacuation insurance card/certificate to this packet*****

Cultural and Religious issues: Are you informed?

Inform yourself about safety, legal, cultural, religious, gender and environmental issues regarding your host country. The U.S. Department of State Travel and Living Abroad website provides information on some of these issues, including information on travel advisories:

<http://www.state.gov/r/pa/ei/bgn/>

Is there a U.S. State Department Travel Advisory to my destination: Yes No

U.S. Embassy Contact in Destination Country

Find out the contact information for the U.S. Embassy in your destination country. This information can be invaluable in an emergency. The contact information for U.S. embassies abroad can be found at:

<http://usembassy.state.gov/>

My embassy contact number is:

Recommended Packing List for Medical Personnel

- Labeled Medications
- Xerox of Passport
- Prescription Eyeglasses
- Physician's Phone Number
- Documentation of Medical and Evacuation Insurance
- Vaccination Record
- Trip Insurance
- International Driver's License
- Rubber Gloves
- Masks
- Eyeshades
- Neck Cushion
- Ear Plugs
- Carry-on with underwear and coat
- Hat
- Sunglasses
- Dr. Scholl's Inserts
- Blister Pads
- Sewing Kit
- Label outside of passport with passport #

Suggested Medications

Source: "Travel Medicine" Eric L. Weiss, MD, DTM&H, Stanford Travel Medicine

http://ual.stanford.edu/pdf/uar_travelmedicinerecommendations.pdf

Accessed February 23, 2009.

Prescription Items:

- Diarrhea Treatment: Antimotility agent, Immodium, and/or an antibiotic Bactrim, Doxycycline, Ciprofloxacin may be prescribed for *treatment*. It is not recommended that antibiotics be used for *prevention* of diarrhea.
- Antibiotics: An additional antibiotic may be useful for travelers at risk for skin, urinary tract, or upper respiratory infections. Erythromycin, Cefuroxime Axetil, Bactrim, Augmentin or Ciproflaxin may be prescribed for this purpose.
- Anti-Malarial Prophylaxis: There are numerous choices for anti-malarial prophylaxis. The appropriate choice of medication will be based on a number of factors including location of travel and duration of travel. Consult a physician for specific advice regarding anti-malarial prophylaxis.
- Anti-Nausea Treatment: Travelers who experience motion sickness may be prescribed a medication for this: Meclizine, or Transderm-Scopolomine patches. Jet Lag: In some cases a short-acting sleeping medication may be helpful in treating sleeping problems associated with jet lag.
- Allergies: Ana-Kit, Insect Sting Treatment Kit, or Epi Pen should be carried by travelers with severe allergies to stinging insects (bees, wasps, yellow jackets, etc.).
- Mountain Sickness: Diamox has been shown to be effective in preventing some cases of high altitude problems. Other medications may be appropriate depending on the nature of your trip.

Non-Prescription Items:

- Pain Medications: Aspirin, Tylenol or Ibuprofen (Advil, Nuprin) for general relief of minor aches, pains or headaches.
- Antibiotic Ointment: Neosporin or Bacitracin for topical application on minor cuts and abrasions. Anti-fungal powder or cream for travelers prone to athlete's foot and/or other fungal skin problems. Other medications may be appropriate depending on the nature of your trip.
- Cough Suppressant: Robutussin DM, throat lozenges
- Hydrocortisone Cream: Cort-Aid for topical relief of itching due to insect bites or sunburn
- Insect Repellent: Ultrathon, 24 Hour Guard for topical application
- Insect Spray: For use in unscreened rooms and other areas: Permethrin spray, and for treating outer clothing: Permanone Tick Repellent.

Suggested Medications (cont'd)

Suggested Medications:

Sunscreen: Any brand with an SPF greater than 15

Powdered electrolyte Mix: Pedialyte, Exceed, IAMAT Oral Rehydration Salts to be mixed in safe water for replacement and rehydration during severe diarrhea.

Betadine or Hibiclens: Solutions for cleansing of minor cuts and abrasions

Dental Emergency Kit: Oil of cloves, dental floss

Local Contacts for Traveler's Health

Hillsborough County Health Department, Immunizations and Travel Clinic

Main Immunization Clinic

4951 East Adamo Drive, Suite 210

Tampa, FL 33605-5924

(813)307-8077

<http://www.hillscountyhealth.org>

Pinellas County Health Department, Foreign Travel Services

205 Dr. Martin Luther King Street North

St. Petersburg, FL 33701

(727)824-6900

<http://www.pinellashealth.com>

Infectious Disease Associates of Tampa Bay

4729 N. Habana Avenue

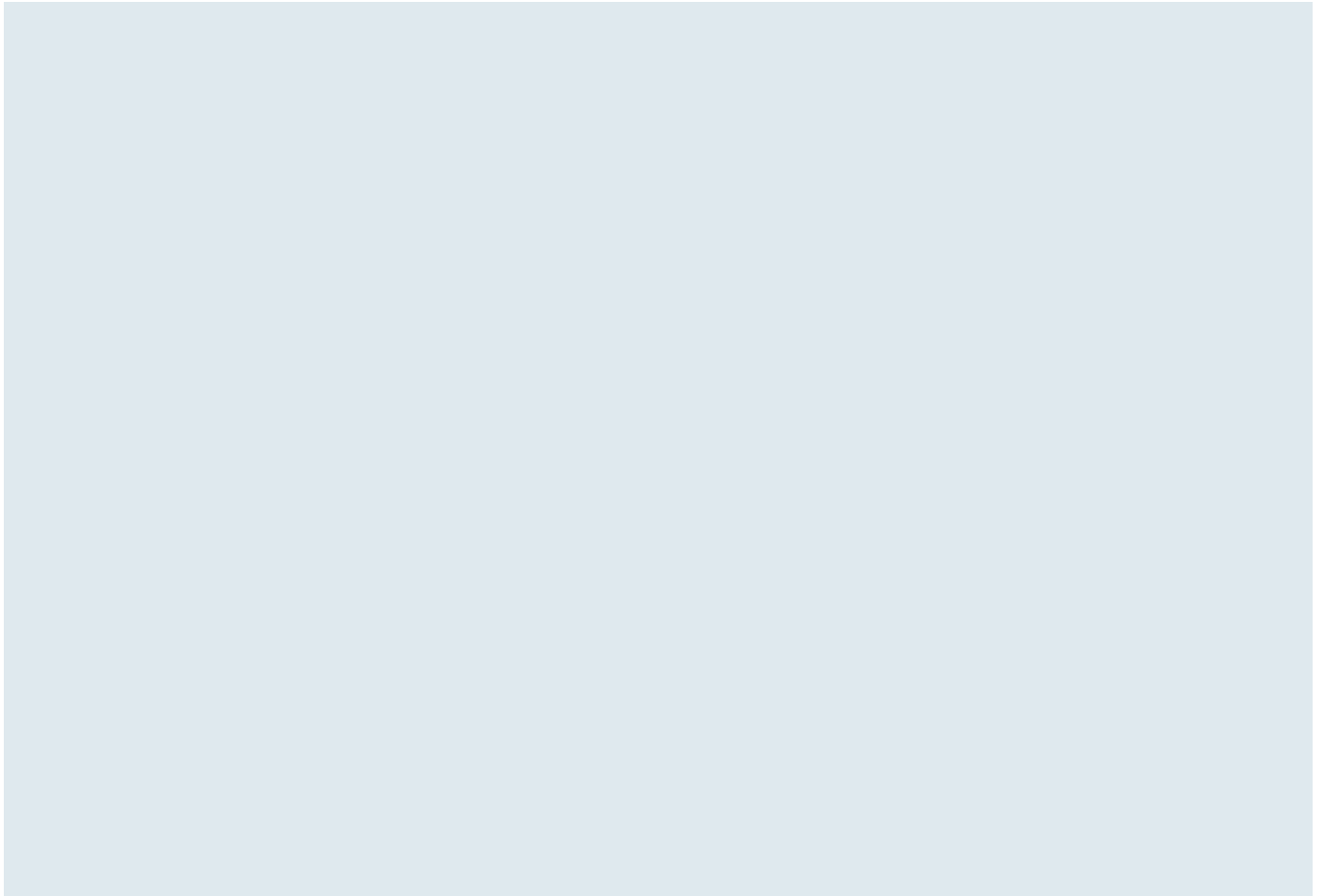
Tampa, FL 33614

(813)251-8444

<http://www.idatb.com>

Feedback

How else can the USF College of Medicine Office of International Programs assist you?



RELEASE AND WAIVER OF LIABILITY AND ASSUMPTION OF RISK

USF Health International Program: [REDACTED]

Beginning and Ending Dates of Program: [REDACTED]

I am aware of the unstable world conditions which might require changes in the program schedule or might cause inconvenience or even harm to me as it might to other travelers who go abroad, including but not limited to the hazards of various modes of transportation, forces of nature, acts or omissions of foreign governments, terrorism, war and insurrection and illness.

In consideration of the permission granted by the University of South Florida Board of Trustees, a public body corporate (USF) to participate in the above program, I hereby assume the risk of inconvenience and harm and release the State of Florida, the State Board of Education, The Florida Board of Education, and the University of South Florida Board of Trustees and the University of South Florida, as well as the agents, employees, and members of the aforementioned from all actions, causes of actions, damages, claims or demands which I, my heirs, executors, administrators or assigns may have against any and all personal injuries known or unknown which I have or may incur by participation in the above stated program and for all damages to my property.

By voluntarily agreeing to participate in this program, I certify that I am physically and emotionally capable of full participation.

USF has not encouraged me or provided me any incentive to participate in this program and has highlighted the inherent risks associated with this type of travel and activity.

USF has the authority to establish rules of conduct necessary for the operation of the program during entire periods of the program, including free time. The use of illegal drugs during the entire period of the program is strictly prohibited. Should an official representative of USF decide that a participant must be separated from the program because of violation of the stated rules, for disruptive behavior, or for any conduct that might bring the program to disrepute or its participants into legal jeopardy, that decision will be final. Separation from the program will result in the loss of all eligible academic credit. Persons dismissed from the program will remain responsible for all program costs incurred on their behalf.

I expressly agree that the foregoing Release and Waiver of Liability and Assumption of Risk is intended to be as broad and inclusive as permitted by Florida law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I understand that the University of South Florida requires adequate medical insurance for illness or accidental injury and adequate evacuation insurance valid outside of the United States.

I, the undersigned, am at least 18 years of age. I have read this Release and Waiver of Liability and Assumption of Risk as well as the international travel checklist provided by USF Health Office of International Programs and understand all of its terms and recognize and accept any risk associated with the program and its conditions.

IN WITNESS WHEREOF I have executed this Agreement on the day and year first written below.

Participant's Name	Participant's Signature	Date	Student ID Number
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