Travel Recommendations

Andorra  
Austria  
Azores  
Belgium  
Canary Islands  
Denmark  
Faroe Islands  
Finland  
France  
Germany  
Gibraltar  
Greece  
Greenland  
Iceland  
Ireland  
Italy  
Liechtenstein  
Luxembourg  
Madeira Islands  
Malta  
Monaco  
The Netherlands  
Norway  
Portugal  
San Marino  
Spain  
Sweden  
Switzerland  
United Kingdom  
Australia  
New Zealand

MALARIA RISK
No risk in Western Europe, Australia and New Zealand.

Travel clinic appointments are not necessary for travel to low medical risk regions such as Western Europe, Australia and New Zealand. Routine vaccines may be scheduled in the immunization clinic, without a travel clinic appointment. Please review the following information:

Routine Vaccines:
- Influenza vaccine (in Australia and New Zealand, season is alternate half of year from US)
- Tetanus booster: Tdap or Td
- Hepatitis A vaccine
- Hepatitis B vaccine
- MMR

Personal Safety:
Use the same common sense traveling overseas that you would at home, and always stay alert and aware of your surroundings.

Arrange travel medical insurance that is appropriate for the destination and anticipated activities; include medical evacuation insurance

Keep family and friends informed of your itinerary, and communicate regularly throughout the trip

Enroll in the Smart Traveler Enrollment Program (STEP) at http://travel.state.gov/

Become a member of International Association for Medical Assistance to Travelers (IAMAT) at http://www.iamat.org/

Register your trip with the International Studies Office, if it is for credit or funded by UVA

Accidents and Injuries
Motor vehicle crashes are the #1 killer of healthy US citizens in foreign countries.

Avoid using scooters or motorcycles and wear helmets if you do so

Wear seatbelts in motor vehicles and on public transport, if available

Avoid travel at night and in bad weather conditions

Avoid unsafe travel, such as a quad bike, on the back of a truck, or on the roof of a bus

If planning sport or adventure activities, ensure safety equipment is provided and bring appropriate and well fitting clothing, footwear, and protective eye wear

Know the depth of water and any underwater hazards before diving; diving feet first is advised. Do not dive into shallow water

Pay attention to signs and surf conditions when swimming or undertaking water sports, and use flotation devices or life jackets where necessary

Do not consume alcohol before swimming, cycling, or using a watercraft

Remain in vehicles when travelling through wildlife reserves

Violence and Theft
Avoid travel to areas of conflict or political unrest; avoid participating in local demonstrations

Travel with a companion or group

Stay in secure accommodations and use a safety
Use only official taxi services
Carry minimal amounts of money; a hidden money belt may be useful for holding passports and larger amounts of money
Do not wear expensive watches or jewelry
Dress appropriately with respect to local culture
Never accept food or drink from strangers, and do not leave drinks unattended because of the risk of “spiking”
Ensure that hired cars are roadworthy and can be locked securely
Upload important documents onto a secure website before travel in case of theft

Environmental Related Illnesses
Seek local advice on environmental hazards, including flora, fauna, and weather conditions
Wear protective clothing, high factor sunscreen (reapplied regularly), and insect repellent (also reapplied as directed)
Carry a first aid kit and know how to use it
Carry an adequate supply of water and high energy snacks
Carry a flashlight for walking at night
Check shoes and clothes carefully for spiders, scorpions, and so on
Wear a stinger suit when swimming in areas with jellyfish, or use SafeSea Sunblock with Jellyfish Protective Lotion
Altitude illness usually occurs at about >9000 feet (2700 meters). Symptoms can include headache, lightheadedness, nausea, vomiting, fatigue, loss of appetite; more serious symptoms include breathlessness and confusion. See our UVA Student Health Information Sheet on Altitude Illness for additional advice.

Risk Factors for Accidents and Disease
Students traveling abroad may adopt higher risk behaviors, such as excessive alcohol use, drug use, and unsafe casual sex
Such activities are associated with increased incidence of accidents, violence and sexually transmitted illnesses, which can have lifelong consequences

Use latex condoms correctly and with all sexual activity
Do not inject/use drugs.
Limit alcohol consumption. People take more risks when intoxicated.
Do not share needles or any devices that can break the skin. That includes needles for tattoos, piercings, and acupuncture.

Keep Away from Animals
Most animals avoid people, but they may attack if they feel threatened, are protecting their young or territory, or if they are injured or ill. Animal bites and scratches can lead to serious diseases such as rabies.
Do not touch or feed any animals you do not know. Do not allow animals to lick open wounds, and do not get animal saliva in your eyes or mouth.
Avoid rodents and their urine and feces.
If you wake in a room with a bat, seek medical care immediately.
Rabies vaccine may still be required after a possible rabies exposure, regardless of previous rabies shots. Seek medical evaluation as soon as possible.
The risk of bird flu to travelers is extremely low. People who come in contact with live poultry may be at higher risk. Avoid live bird or poultry markets.

Insect Borne Diseases
Bugs (including mosquitoes, ticks, and some flies) can spread a variety of diseases, such as tickborne encephalitis. A vaccine for tickborne encephalitis is available in Europe, but not in the US. You can reduce your risk by taking steps to prevent bug bites.

Tickborne Encephalitis
Spread by tick bites, occasionally by unpasteurized dairy products
Risk present only in small areas in many countries
Most cases occur:
• in forested areas
• in areas with <2,500 ft. (750 m) elevation
• from April through November; peaks in early and late summer
Higher risk: outdoor activities (such as camping, hiking, fishing, bicycling) and outdoor occupations (such as forestry, military training)
To reduce risk:
- Avoid bug bites
- Avoid unpasteurized dairy products

**Avoid Bug Bites**

An insect repellent with at least 20% **DEET**, applied to exposed skin, can protect against mosquitoes, ticks, and other bugs.

Insect repellents with the following active ingredients protect against mosquitoes (but not always against other insects): **20% Picaridin**, Oil of lemon eucalyptus/PMD or IR3525.

Make sure to read directions and reapply as directed to maintain effectiveness. Repellents containing a higher percentage of the active ingredient typically provide longer-lasting protection. Regardless of what product you use, if you start to get mosquito bites, reapply the repellent according to the label instructions.

When using sunscreen, apply sunscreen first and insect repellent second. Combined sunscreen/insect repellents products are not recommended.

**Permethrin** insecticide: you can buy items already treated with permethrin or can treat them yourself (such as boots, pants, socks, and tents). Do not use permethrin directly on skin.

Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.

Stay and sleep in screened or air-conditioned rooms.

To prevent tick bites, tuck in shirts, tuck pants into socks, and wear closed shoes instead of sandals.

See General Travel Advice for more information on personal safety and security, food and water precautions, malaria and how to avoid bug bites.

**For the Most Up To Date Information:**

**Centers for Disease Control Travelers’ Health:**
http://wwwnc.cdc.gov/travel/

**State Department (Travel Alerts and Warnings):**
http://travel.state.gov/

**Travel Registration with Embassies:** https://step.state.gov/step/