

SAFETY ABROAD

Whether going to a developed or a developing country, you will experience new cultures and a very different healthcare system.

While adjusting to all things new, different and wonderful, think about your personal safety both inside and outside of a healthcare setting. Be concerned no matter where you are.

The following tips / suggestions will provide some guidance to help you feel secure.

The University of Kansas Medical Center (KUMC) is an affirmative action, equal opportunity institution and welcomes applications from all qualified persons regardless of sex, race, color, religion, sexual orientation, disability, national origin, veteran status, ancestry or age.



Office of International Programs

3901 Rainbow Blvd.

Mail Stop 3033

Kansas City, KS 66160

Phone: (913) 588-1480

Kimberly Connelly, M.A.T.

kconnelly@kumc.edu

Cell: (816) 668-6414

Stacie Rader

srader@kumc.edu

Work: (913) 588-1480

www.kumc.edu/international-programs



Keys to Safety

Be Aware

Use Common
Sense

Learn & Enjoy

Before you go:

- Register with STEP: <https://step.state.gov/step/>

Leave behind:

- One copy of passport.
- Valuable or expensive-looking jewelry.
- Irreplaceable family objects.
- All unnecessary credit cards.
- Social Security card, library cards, etc.

Take:

- Passport
- Airline ticket / e-ticket
- One copy of your passport, driver's license, debit/credit cards; put in a money belt or carry on.
- Create an emergency contact card that includes important phone numbers, KUMC OIP number, your destination address and phone number. Put a copy in all luggage, bags or backpacks.
- Meds, prophylaxes, feminine hygiene products

While traveling in or out of country:

- Keep valuables in pouch or money belt worn under your clothing.
- Carry your passport in a money belt at all times or leave it in a securely locked place. (Carry a copy of your passport if original is securely locked).
- Take taxis clearly identified with official markings and with meters.
- Do not leave luggage unattended.
- On trains/buses, sleep in shifts. If alone, stay awake or sleep on top of luggage that is strapped to you.
- Women—dress conservatively; do not announce that you are traveling alone.

While on the street:

- Invest in a good map of the city; note where you are staying, embassies, police stations.
- Make a mental note of landmarks near your lodging/hospital should your map be lost or stolen. Add the number of the hotel to the contact card you made.
- Use the same common sense traveling overseas that you would at home; remember 39th and Rainbow at 2:00 am.
- Be especially cautious in crowded subways, train/bus stations, elevators, tourist sites, markets festivals and unfamiliar areas of cities. If you do not know if some place is safe – ASK!
- Do not use short cuts, narrow alleys or poorly-lit streets.
- Do not walk alone at night or jog alone in the am.
- Put the shoulder strap of a purse /bag across your chest with the bag away from the curb.
- Display confidence, even when carrying a map; you can ask directions without seeming vulnerable.
- Avoid public demonstrations or other civil disturbances, even if it is your cause.
- Use common sense; be alert; be aware of your surroundings.
- Do not divulge the name of your hotel.
- Do not use your phone on the street.

To handle money safely:

- Use ATMs.
- Make sure your credit card is returned after each transaction; do not let it leave your sight.
- Keep a small amount of money in your pocket for small purchases so you do not have to open your wallet/money belt in a busy place.
- Keep all valuables and documents (including your passport) secure in the hotel safe or locked in your luggage in your room.

While at your new home:

- Make sure all outside doors and windows close and lock.
- Get to know your neighborhood.
- Be cautious about whom you invite in.
- Tell someone when you are leaving and when to expect you back.

When taking photographs:

- Ask permission.
- Respect privacy.
- Know if the area is military, government, on a border, or a transportation facility.

In ALL countries:

- Use bottled/boiled water for drinking and brushing teeth.
- Be sure the bottle of water has not been opened.
- Do not use ice as it is not made from bottled or boiled water!
- Fruits and vegetables should be thoroughly cooked, except for fruits that you can wash (bottled water) and peel.
- Milk should be pasteurized or boiled.

In any health care setting, remember:

- Universal Precautions are NOT universal!
- In many countries a patient with whom you have contact may be HIV positive or have AIDS.
- TB patients are not always isolated.
- Your safety always comes first!!!
- You can say “no.”
- Drink plenty of fluids to stay hydrated.
- Alert someone if you become ill.