

Health Guidelines

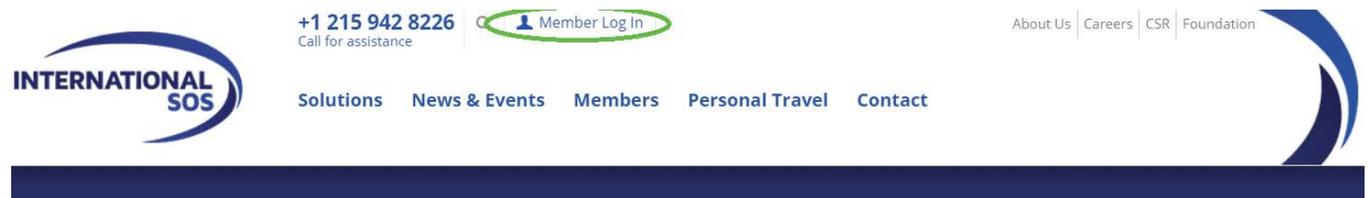
HEALTH GUIDELINES

The Experiment in International Living partners with International SOS, a global leader in medical and travel risk management. International SOS provides up-to-date information for every country where The Experiment operates, including relevant “Before You Go” advice and vaccination recommendations in line with those provided by the U.S. Centers for Disease Control and Prevention (CDC).

To access International SOS through our partnership, follow these steps:

2018 Experimenters to Brazil: Please see specific information regarding yellow fever in Brazil at the end of these instructions.

STEP #1: Go to: <https://www.internationalsos.com/>; at the top of the page you will see the Member Log In above the main banner:



STEP #2: Click on the Member Log In link to access a field where you can enter our member number: 11BYCA639556



STEP #3: Logging in will take you to our membership homepage; from here you can select your program country or countries from the dropdown menu:



STEP #4: On your country's page, select the Medical tab from the centrally-located options bar to access specific information:

The screenshot shows the International SOS website interface. At the top, there are logos for SIT Study Abroad, The EXPERIMENT in International Living, and INTERNATIONAL SOS. A search bar is present with the text "Search for a Country or Disease". Below the search bar, there are navigation links: HOME, FAQs, MEMBERSHIP BENEFITS, and SIGN OUT. The main content area is titled "Argentina" and has a central navigation bar with tabs: Overview, Security, Medical (circled in green), Travel, and City. Below the tabs, there is a "Risk Ratings" section with a "Print" button. The ratings are: M MEDIUM MEDICAL RISK for Argentina, L LOW TRAVEL RISK for Argentina, and M MEDIUM TRAVEL RISK for Rosario and Santa Fe (both Santa Fe province). On the left side, there is a sidebar with "Country or territory" (Argentina), "Disease & Prevention" (Please Select), and links for Travel Advice, Security Advice, and Email Alerts.

STEP #5: Once on a country's Medical page, you can explore tips for *Before You Go*, see Vaccination Recommendations, and much more:

The screenshot shows the International SOS website interface, specifically the "Medical" page for Argentina. The navigation bar at the top is the same as in the previous screenshot. The main content area is titled "Argentina" and has a central navigation bar with tabs: Overview, Security, Medical (selected), Travel, and City. Below the tabs, there is a "Before You Go" section with a "Print" button. The "Before You Go" section is circled in green and contains the following text: "See your doctor and dentist and ensure you are in the best health before you leave. Other preparations:" followed by a list of bullet points: "Check your routine vaccinations are up to date (polio; varicella; measles, mumps and rubella; tetanus, diphtheria and pertussis, seasonal influenza). See a travel health practitioner 6 to 8 weeks before departure for destination-specific health preparations. You may need additional vaccinations, some of which require several doses, or be recommended malaria medication which may need to be started a week or more before arriving in the malarial country.", "Documentation: Arrange a copy of your personal health record to carry with you when you travel. Include a letter from your doctor explaining your need for all medications you are carrying, including any over-the-counter medications, in English and the language of your destination(s). Make sure you have copies of your prescriptions.", and "Medication: Check the regulations of your destination country regarding importation of your medication, as some drugs may be strictly prohibited (especially narcotics and psychotropics) and may result in severe penalties. Take any medicines you require in their original packaging, including any information leaflets, with them clearly labelled with your name (matching your passport name), and your doctor's name. Have enough to cover the trip, and extra in case of delays, however note that many destinations limit quantities of certain drugs to a 30-day supply. Carry medication in your hand luggage, with copies of your prescriptions." Below the list, there is a "Vaccinations for Argentina" section, also circled in green, which contains the text: "Recommendations may vary for short-term visitors. Always consult your travel health advisor or contact International SOS to discuss your specific needs." At the bottom, there is a "Recommended for all travellers and expatriates, especially:" section with a list of bullet points: "For long-term or frequent visitors." and "For adventurous travellers who travel to more remote locations or stay in areas with poor sanitation." On the left side, there is a sidebar with "Country or territory" (Argentina), "Disease & Prevention" (Please Select), and links for Travel Advice, Security Advice, and Email Alerts. There is also a "Country Map" section with a map of Argentina and a "Zoom" button.

If you wish to speak to an International SOS advisor directly, you can call their Philadelphia Assistance Center at:

- 215-942-8478
- Explain that your teenager will be traveling with The Experiment in International Living, and give the operator our membership number: **11BYCA639556**
- Give a brief explanation of the questions that you are calling with, the country that your teenager will be traveling to, and
- The Assistance Center will direct your call to an appropriate advisor.

International SOS medical information covers concerns that may be present in your program country and other program destinations and is actively updated with information from International SOS's global network of advisors. Although no repository of information can address every conceivable contingency, the International SOS resources provide you with standards to follow which should optimize good health during your time abroad.

You may find that local customs and practice, as well as varying U.S. providers' approaches, at times conflict with International SOS recommendations. It is essential that you review this information with your healthcare provider to discuss individual issues such as pre-existing medical concerns, mental health status, and / or allergies to particular medications or vaccination components. Any specific medical questions or concerns related to this information should be directed to the U.S. CDC (www.cdc.gov/travel) or to your own provider. For additional questions, please contact:

The Experiment
1-800-345-2929 inside the U.S.
1-802-258-3481 outside the U.S.
experiment@worldlearning.org.

2018 Experimenters to Brazil: In response to the ongoing outbreak of yellow fever in Brazil, The Experiment would like to draw your particular attention to the International SOS and CDC recommendations for the yellow fever vaccination. This vaccination is strongly recommended for all participants in the 2018 *Brazil: Soccer and Social Change* program. Yellow fever vaccination availability is limited, so please make an appointment to receive the vaccination well in advance of your travel. If you or your provider have any questions about The Experiment's recommendation of this vaccination, please contact our Experiment Medical Team at medicalteam@experiment.org or 802.258.3474.