

GO Long - Acknowledgement, Student Health

You are responsible for your own health maintenance. Please review the [travel health preparation guide](#) as you plan for your GO program. In the event of serious illness, accident or emergency, you must inform an appropriate program official so that assistance may be secured and so that your designated emergency contact may be notified. You have agreed (via the post-approval form) to disclose any pre-existing mental and/or physical health conditions in entirety on the online Health Form. You also have noted (via post-approval form, reading this form and in the Health Form) that you understand that a situation arising from such a condition that has not been disclosed in advance which places themselves, others, and/or the program at risk may result in dismissal from the program.

Mental Health Histories or Conditions

Experiencing another culture is an exhilarating, but sometimes stressful, experience that can sometimes cause symptoms or conditions to worsen, even if temporarily. Therefore, it is important to disclose your physical and mental health history on your Health Form. The SU Counseling Center can best advise you on managing your condition abroad. It is extremely important to be truthful so Program Directors are made fully aware of any and all medical issues. Some anxiety medications, for example, interact negatively with malaria prevention medications, so it is important to disclose all medications so the best possible recommendations can be made.

If your condition is very serious, the Counseling Center staff may recommend that you speak with your regular physician to discuss the unique challenges a study abroad program may pose for you, and to discuss coping strategies.

Recognize, too, that experiencing some level of depression or anxiety about your study abroad experience prior to departure can be expected. However, if you begin to doubt your readiness to participate or you fail to complete pre-departure requirements, you may wish to discuss your feelings with a medical professional.

Physical Health Histories or Conditions

If you have a pre-existing mental or physical health condition, make sure that you discuss it with your primary care provider in addition to disclosing it on your Health Form. Study abroad can exacerbate certain health conditions, so it is always best to discuss the possible effects before departure.

Understand any health requirements you have when applying for a program. This means allergies, psychological therapy, dietary requirements, disabilities, and any other medical or educational needs. Disabled students study abroad successfully all the time, though resources and services for people with special needs vary widely by country and region. If you have been using services here at home to address those needs, make sure you understand ahead of time exactly what accommodations can and will be made. In some cases, your needs may determine which program is suitable for you.

Taking Medications Abroad

If you have a pre-existing medical condition that may require treatment or need prescription medication while traveling, be sure to bring an adequate supply in the original container, and a prescription with:

- your physician's explanation of the condition
- generic and brand names of the medication
- dosage information.

Also know that some common prescription medications in the U.S. are illegal abroad. Check with the embassies of the countries you expect to visit to make sure your prescription and over-the-counter medications are permissible.

Do not plan on sending medications abroad since it will require customs paperwork and may be delayed in delivery. Be sure to maintain your usual dosage and pattern of taking your medication while you're abroad, and ask your physician how to make adjustments due to any time zone changes.

Immunizations

It is your responsibility to:

- ensure that your routine immunizations are up-to-date
- inquire whether there are recommended and/or required immunizations or medications for the country/countries you will visit
 - You can check relevant agencies, such as the [Centers for Disease Control and Prevention \(CDC\)](#) and the [World Health Organization \(WHO\)](#), to learn about recommended and/or required immunizations for the country/countries you will visit on your GO program.

Students should always consult their physician or agencies such as the CDC for medical advice.

Health Insurance Coverage

All students participating in an SU GO program are required to have adequate health insurance coverage.

International Programs

International GO Long programs include [international emergency insurance coverage](#) through SU's policy with Educational and Institutional Insurance Administrators (EIIA). This policy covers liability, travel accident and sickness, medical evacuation, security evacuation, and crisis response. SU's insurance policy does not cover high risk recreation activities for any GO Program participants. These activities include, but are not limited to: sky diving, parachuting, hang gliding, mountain climbing, bungee jumping, potholing, ziplining, and motorcycle riding. Your GO application includes a letter of coverage for this policy.

Domestic Programs

Any students on domestic programs must upload a copy of domestic insurance in case there is a medical emergency.