

## APPENDIX

### UCSF Global Health Sciences Pre-Departure Check List

#### Health and Safety

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- Check the US Department of State web site: <http://www.state.gov/travel/> for any travel warnings specific to your intended destination.
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- Register with the US consulate in your host country. <https://travelregistration.state.gov/ibrs/home.asp>
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- Check the Centers for Disease Control and Prevention web site: <http://www.cdc.gov/travel/> for any health alerts specific to your destination.
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- Visit the UCSF Student Health Service to discuss specific preventive interventions you may need. For example:
- You should assure your health and evacuation insurance status through the UCSF Student Health Service so that you are aware of appropriate procedures should you need to use them while you are abroad, or purchase additional coverage if necessary.
  - If you might be exposed to needle sticks, blood, or body secretions in an HIV endemic area, you may consider taking post-exposure prophylactic medication (PEP kit) with you.
  - You should be immunized against Hepatitis A well in advance of traveling abroad (two doses required).
  - You should have an up-to-date dT (diphtheria-tetanus).
  - You might need to take malarial prophylaxis in an endemic country.
  - If you might be exposed to TB, you should get a PPD in advance of your travel and again after your return.
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- Take a supply of common medications (antibiotics, pain relief, Pepto-Bismol, etc.) with you when traveling to isolated areas.
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#### Research

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- If you are planning a research project in which original data will be collected and reported, you are responsible for determining whether or not approval is required from the Committee on Human Research **prior to beginning your project**. Our [Policy on Institutional Review Board Approval for Research](http://www.research.ucsf.edu/chr/Apply/chrHowApply.asp) is available at <http://www.research.ucsf.edu/chr/Apply/chrHowApply.asp>. Your UCSF mentor can help determine the need for such approval. We may ask you to submit documentation of IRB approval prior to reimbursement.
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