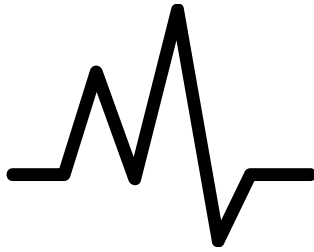


ENCUENTRO DOMINICANO

HEALTH & SAFETY GUIDE





RECEIVING MEDICAL ATTENTION

While in the Dominican Republic, students have access to quality health care.

- In case of emergency or if a student requires medical attention after working hours, students will be taken to the Emergency Room at a local hospital, either *Clinica Corminas* or *Hospital Metropolitano de Santiago (HOMS)*, depending on the situation.
- Both hospitals are modern facilities with all the amenities of a modern US hospital.
- In the Dominican Republic there is no Urgent Care and doctor's offices are all located within hospitals. **Therefore, going to the ER or hospital does not necessarily mean that the situation is considered an emergency.**
- In non-emergent cases, students will be taken to see Dr. Cesar Jimenez, an ILAC-approved internal medicine and critical care physician, who is licensed to practice in the U.S..
- The Student Life Director will facilitate all medical appointments and will always accompany students during visits to aid in translation. **However, students must be their own advocates in requesting medical attention.**



STAYING HEALTHY IN THE DR

Before Departure:

- Complete a physical exam with your physician and make sure to fill out all of the proper forms. REMEMBER to disclose any injuries or illnesses.
- Fill **ALL** prescriptions you will need for the four months you will be away. Pack these prescriptions in their original packaging in you carry-on luggage.
- Prepare for possible allergy and/or asthma attacks.
- If you have ever been prescribed a rescue inhaler or an Epi-Pen, fill these prescriptions.
- Update all vaccinations. Encuentro Dominicano requires that all of its participants follow the recommendations of the Center for Disease Control (CDC) regarding travel to the Dominican Republic



CDC Recommends...

- Update all routine vaccines (MMR, DPT, etc.)
- Hepatitis A
- Hepatitis B
- Typhoid
- Rabies
- Malaria Prophylaxis

These recommendations are subject to change.

Please consult the CDC website prior to travel:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/dominican-republic>

The Global Engagement Office recommends that travelers follow the health advisory and travel advisory released by the U.S. Centers for Disease Control and Prevention (CDC) about the Zika virus and its potential impact on pregnant women and their fetuses. Travel to regions with ongoing Zika virus outbreaks is not recommended for women who are pregnant or women who are considering pregnancy. Specific areas where Zika virus transmission is ongoing are difficult to determine and likely to change over time, so it is critical that travelers consult the CDC updates frequently before and during travel. Currently, there is no vaccine to prevent or medicine to treat Zika, and travelers are highly encouraged to discuss the risks and means for reducing the risk of mosquito bites with their health provider in preparation for international travel.



While abroad:

- Report all illnesses to the Student Life Director as soon as possible so that (s)he can get you care
- Do NOT self-medicate, EVEN if your doctor sent you with prescriptions. This can hide symptoms and make it more difficult for a doctor to determine what is really wrong.
- Take your vitamins! Especially if you are a picky eater. Changes in diet make it hard for some students to get all the nutrients they need. A daily supplement can help keep you healthy.
- Maintain your regular eating, sleeping and exercise habits. ILAC has a track where it is safe for students to run, and many groups have enjoyed doing exercise classes together.
- Hydrate, hydrate, hydrate!
- Avoid unsafe food and water. Here are some rules of thumb to know what to avoid:

Safe

- Sealed, bottled drinks
- Anything served in a sit-down restaurant
- Coffee, tea, or anything boiled
- Anything served at ILAC
- Ice is safe if it is in a uniform shape. Hollow squares or small tubes are common. Almost ALL restaurants in Santiago will have safe ice.
- Fruits and veggies you can peel
- Anything fried or boiled
- Anything served at ILAC
- Snacks in original packaging

Unsafe

- Juices from the street
- Street food that has been sitting out
- Uncooked street food (cheese, ice cream, etc)
- Food in homes that has been out overnight



Back home:

- If you fall ill, make sure that you tell your doctor you have been living in the Dominican Republic. Many diagnoses can be missed without this information.
- Remember to continue taking Malaria prophylaxis as directed (usually for 2-4 weeks after returning home).
- Physical and Emotional changes are normal for some time after returning home. Be careful with changes to your diet, and reference this pamphlet for tips on how to handle emotional changes.
- If you notice you are having a hard time adjusting, please be aware of the resources below and on the following page.



MENTAL HEALTH

<http://www.creighton.edu/chc/>

Academic Year Hours of Operation:

Monday 8:00am-4:30pm
Tuesday 8:00am-6:30pm
Wednesday 8:00am-6:30pm
Thursday: 10:00am-4:30pm
Friday 8:00am-4:30pm

Breaks/Summer Hours:

Monday - Friday 8:00am - 4:30pm

TIPS FOR RE-ADJUSTING BACK HOME

- Allow Yourself Time to Recover—Let friends and family members know you may just need some time to adjust.
- Embrace Things that are New or Different—You changed while you were gone, so did everything else. See these changes and new opportunities to learn!
- Try Not to Judge—Your friends and families have not had the same experiences as you have. Cut them some slack and be kind in “educating”
- Be Culturally Sensitive— Remember that even though it’s familiar, it’s still a culture. Don’t try to impose your new cultural understanding on others, just like you wouldn’t have imposed your culture on Dominicans.
- Share Your Experience—It will help you process, and also give others a window into what you experienced. Just remember to allow people to hear you on their schedule.
- Find Support—Whether it’s from your Encuentro community members, past participants, or whomever.

GET INVOLVED!



PARENTS & FAMILIES:

If at any time you have questions or concerns about your child's health, safety, or well-being, please be in touch with the Student Life Director for Encuentro Dominicano.

Email: encuentro@creighton.edu