

Study Abroad Health Information Form

Every Lehigh University study abroad participant must **read, sign, and return** this form, indicating that health issues relating to participation in study abroad programs are understood.

1. Medical Conditions

Lehigh University recommends that all students get a thorough physical examination before participating in study abroad activities. Discuss with your physician your intent to study abroad and get advice for managing your physical and emotional health while in another country. Discuss your health condition (allergies, medications, disabilities, psychological treatment, dietary requirements, and medical needs) with your physician, and seriously consider the appropriateness of your participation in study in your chosen host country.

→ Actions:

- a. If you have any medical or psychological condition that may require attention while you are abroad, discuss this with your physician before going abroad.
- b. Ask your physician if your medication will be readily accessible in your host country.
- c. Take necessary medications in original, labeled containers **and** written prescriptions with you.
- d. It is advisable that you carry a letter from your doctor explaining the use of your medication so it is not suspected as contraband.
- e. Get necessary immunizations well in advance of your departure. See the CDC web page for relevant immunizations. www.cdc.gov/travel

2. Medical Facilities/Services

Medical facilities and services will **not** be the same in every country. It is important to understand as much as possible about the facilities and services in your host country in the event you should need them.

→ Actions:

- a. Be sure you get information in your program-specific on-site orientation about medical facilities and services in your host country/city.

- b. You will need to understand where to go for common health needs (i.e., cold, stomachache, flu) and where to go for emergencies or major medical needs.
- c. You will need to know how medical services are paid for (i.e., out-of-pocket by the student, host country or institution, insurance, etc.).
- d. Understand your insurance coverage before going abroad. (Does your insurance policy cover you in another country? What is covered? What is not? How do you make claims?)
- e. You will need to know who to contact in case of medical emergency.

3. Disabilities

Students interested in disability services during a study abroad program should be in contact with Cheryl Ashcroft, Office of Academic Support Services. Please note that the ADA regulation for “reasonable accommodations” provided on the Lehigh campus may differ and/or not be available in the host country.

→Actions:

- a. If you have not already registered with Lehigh’s Office of Academic Support Services, contact them at 610-758-4152.
- b. Make an appointment with the Director of Academic Support Services to discuss services available in the host country.

4. Mental Health

Mental health support services vary worldwide. Thus, students may not have access to mental health services in some countries. Whether students have utilized mental health services in the past or not, it is important for students to know if, what, and where those services are available in their host country.

- a. All students should be prepared for cultural adjustment before studying abroad. Although preparation will not prevent students from experiencing cultural adjustment problems, it will prepare them for the symptoms, the expected cycle, and some helpful advice for a successful adjustment.
- b. Students who are currently using, or who in the past have used, mental health services, should contact the Lehigh University Counseling Center before going abroad. The Counseling Center should be advised as to your needs in case a telephone consultation is required while abroad.
- c. Students who are currently involved with mental health services should discuss the advisability of participating in a study abroad program, and issues related to cultural adjustment, with their mental health practitioner.

5. Emergency Protocol

The majority of students participating in study abroad never experience an emergency while abroad.

However any emergency is less traumatic when you are prepared to cope with it. It will make you feel more comfortable if you take the time to prepare an emergency protocol when you arrive at your host location.

→ Actions:

- a. Carry some form of identification with you at all times (name, host country address, host country phone number, passport and visa number).
- b. Carry emergency numbers and contact with you (local police, study abroad/residential coordinator in host country, parent/guardian/emergency contact at home, Lehigh Study Abroad contact information, embassy in host country, physician and mental health practitioner at home, insurance contact information).
- c. Know where the local hospitals are located and how to get there.
- d. By preparing yourself to respond to different types of emergencies you will feel more confident that you know what to do in the rare event that an emergency should occur (natural disaster, civil unrest/terrorism, medical/mental health injury or trauma, criminal violence or trauma).

I have received and read and understand the information provided in this document and will abide by the recommendations in preparing for my study abroad experience.

Printed Name

Signature

Date

Lehigh University Academic Support Services
Office of the Dean of Students (DOS)
212 University Center

REQUEST FOR DISABILITY SUPPORT SERVICES

It is the policy of Lehigh University to ensure that all University goods, services, facilities, privileges, advantages, and accommodations are meaningfully accessible to qualified persons with disabilities in accordance with the American with Disabilities Act (ADA) of 1990, Section 504 of the Rehabilitation Act of 1973, and other pertinent federal, state, and local disability anti-discrimination laws.

Reasonable accommodations will be made on an individual basis, if available in the host country and/or host institution, and may differ from Lehigh University. It is the responsibility of persons with disabilities, however, to seek available assistance and to make his/her needs known to the university.

If you are an individual with a disability who may require assistance or academic accommodations from Lehigh University, please complete this form and send it to the address indicated below. The Office of Academic Support Services may need to consult with the Study Abroad Office to ensure appropriate accommodations.

After submitting this form, make an appointment with Cheryl Ashcroft, 212 University Center, phone 610-758-4152.

Name:	Nature of Disability:
Address:	Visual
City/State/Zip:	Hearing
Telephone:	Mobility
Lehigh Identification No.:	Speech
Study Abroad Country/Program:	Medical
Study Abroad Term:	Psychological
Fall	ADHD
Winter	Learning
Spring	Other
Summer	