

# Medical Guidelines

Health problems sometimes affect visitors abroad. Information on health precautions can be obtained from local health departments or private doctors. If you experience any medical difficulty, please inform the mission trip medical coordinator or the mission trip director as soon as possible.

1. Trip participants are required to have medical health insurance and carry their identification cards at all times. It is wise to review your health insurance policy before you travel. In some places medical costs can be as high or higher than in the United States. If your insurance policy does not cover you abroad, it is strongly recommended that you purchase a policy that does.
2. SAC trips are covered by the Volunteer Missionary Travel Insurance. Information on the details of this plan can be found in the Appendices.
3. Carry all prescription medication with you or in your carry-on luggage. Prescription medication must be in their original bottles that have your name on them. It is illegal to take prescriptions that have been prescribed for others.
4. Do not mix pills together in one bottle or in pill dispensers. Prescription and non-prescription medication must be in their original containers. Pills that cannot be identified may be suspected to be illegal drugs and you could be detained.
5. Be sure to identify any medical conditions on the SAC Medical Form that you submitted with your SAC Mission Trip Application.
6. Take a spare pair of eyeglasses. Those that wear contacts should bring all the solution and spare contacts they need for the trip.
7. See your doctor about getting a general prescription of an anti-biotic medication to take only if you come down with something on the trip.
8. It's advisable that you take with you your own over-the-counter medicine for ailments that you may experience during international travel. The following are some of the items recommended;

Imodium AD	Kaopectate
Pepto-Bismol	Milk of Magnesia
Tylenol (or equivalents)	Aspirin
“Airborne” vitamins	Mole Skin (for blisters)
Cold & Cough medications (in pill form)	