

Health Form

- Food allergies/preferences
- Health issues
 - home sickness
 - motion sickness
 - sleep-walking
- Stock OTC medications
- Student medications
 - OTC
 - Prescribed: in original bottle with name
 - Mark if student not able to take by self
 - Time Change



Staying Healthy in China

By Ginger Hao, RN, LSN

JET LAG

- Going to China: Lasts about 2 days
- Coming back to USA: 1-2 weeks
- May feel extremely tired
- Nausea, diarrhea, constipation
- Hard to concentrate
- Insomnia



HOW TO PREVENT OR REDUCE JET LAG

Top10
Home Remedies



Stay Hydrated
by Drinking
Water



Limit Caffeine
& Alcoholic
Beverages



Consider
Taking Melatonin



Enjoy
Sunlight
upon Arrival



Eat Light



Wear Light,
Loose Layers
of Clothing



Take
Regular Walks



Take a Shower

To explore more, visit www.Top10HomeRemedies.com

Recommended Immunizations

- All routine immunizations, including Tetanus.
- CDC recommendations for travel to China:
 - Hepatitis A
 - Typhoid



Incidence of Typhoid fever

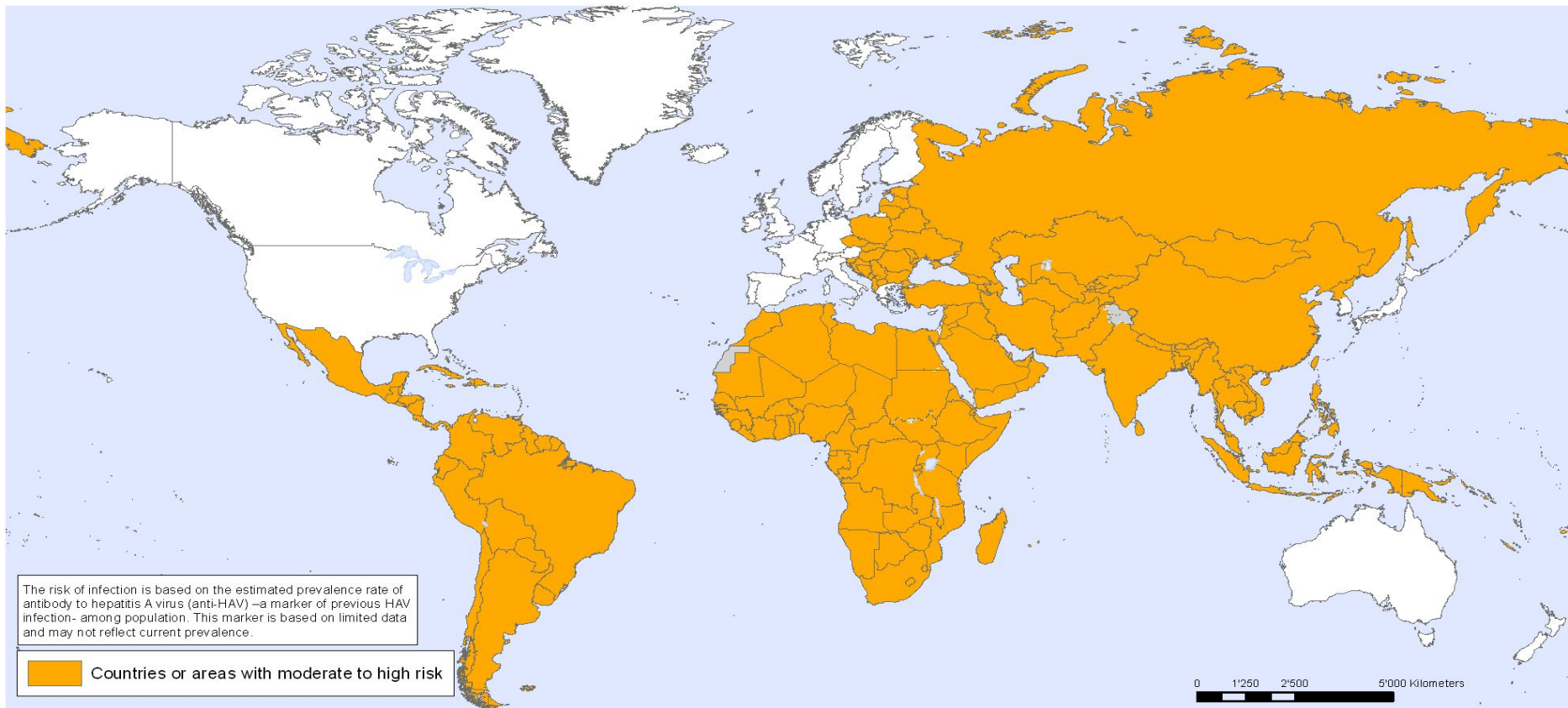
- ◆ Strongly endemic
- ◆ Endemic
- ◆ Sporadic cases

Typhoid fever

- **Typhoid fever** is a bacterial infection that may cause high fever, weakness, abdominal pain, vomiting or constipation and headaches, skin rash and confusion.
- Symptoms may vary from mild to severe and usually begin six to thirty days after exposure.
- Treated with antibiotics.

Hepatitis A

Hepatitis A, countries or areas at risk



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization.
Jacobsen KH, Wiersma ST. Hepatitis A virus
seroprevalence by age and world region,
1990 and 2005. *Vaccine* 2010 Sep;28(41):6653-7
Map Production: Public Health Information
and Geographic Information Systems (GIS)
World Health Organization



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Hepatitis A

- Highly contagious liver infection.
- From contaminated food/water or from close contact with a person infected.
- Symptoms can include:
 - Fatigue, fever, joint pain
 - Sudden nausea and vomiting
 - Abdominal pain
 - Clay-colored bowel movements, dark urine
 - Loss of appetite
 - Jaundice
- Onset a few weeks after exposure
- Mild/severe, supportive treatment

Steps to Prevent Hepatitis A Infection:

- Peel and wash all fresh fruits and vegetables yourself.
- Don't eat raw or undercooked meat.
- Drink bottled water and use it when brushing your teeth.
- Avoid all beverages of unknown purity, with or without ice.
- If bottled water isn't available, boil tap water before drinking it.
- **Practice good hygiene: Wash Hands!**







Good Hygiene: Be Prepared











Sun Protection: Hat and Sunscreen





Avoiding Bug Bites



Don't pet wild animals!



Staying with Host Families









Additional Considerations

- Recent Illness before trip
- Girls: Bring supplies in case of period
- Homesickness
- Other Issues?



Gifts for Host Family and Friends

- 1-2 nicer gifts for Host family
- 15-20 smaller gifts for other new acquaintances
- Avoid “Made in China”, liquids, foods, easily breakable, taboo items
- Choose Light-weight, Items uniquely American/Minnesotan