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

- 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

• 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