

HEALTH INFORMATION

Student health and safety are of the utmost priority to UAS. Please note the following important details associated with supporting a safe and healthy WWW experience.

Healthy Travel Tips for Students

Wash your hands: use soap and water and wash your hands frequently to avoid getting sick.

Stay hydrated: Drink safe water. Trip leaders will let students know if tap water is safe. If not, students should only drink boiled or bottled water and brush teeth with bottled water.

Check your food: Ensure food is cooked properly. Students are not to purchase food from street vendors or eat food that is not well cooked. It is important that food is served at the proper temperature.

Protection from the sun: Wear sunscreen, sunglasses and hat if outdoors.

Be safe around water: Only swim with trip leader permission and never alone.

Protect your feet: Prevent foot infections by keeping feet clean and dry. Always wear shoes. Break in hiking shoes before the trip.

Do not handle or pet any animals: If you are bitten or scratched by any animal, report immediately to your trip leader.

Avoid mosquitoes: Wear insect repellent, long sleeved shirts and long pants to prevent mosquito and other insect bites.

Personal Medication Needs

Trip leaders carry a first-aid kit with common, over-the-counter medications such as Panadol, Advil, Strepsils, Imodium, Maalox, antihistamines (similar to the medication that is stocked in the Health Office). These medications are available to treat any student on the trip, and parents do not need to supply over-the-counter medications.

Instructions for personal medications

Students are not allowed to carry their own medication with the exception of an asthma inhaler or epipens. All personal medications are to be given to the UAS Health Office before the trip. Parents will be notified of specific dates and times the Health Office will be collecting personal medication. When turning in medications, parents ensure:

- Medications are in their original containers.
- Medications are clearly labelled with student name and dose.
- No liquid medications are allowed.
- Medications are not accepted at trip departure.

The UAS Health Office is available to answer any medical questions during school hours.

Immunizations

Immunizations and Medications for Healthy Travel

It is important for parents to consult their family physician about the proper vaccines and anti-malarial options and to get all necessary vaccinations. The health office recommends students get vaccinated as early as possible, vaccinations over the winter break before returning to school in January.

Required Immunizations

MMR, DPT, Polio and Hepatitis B: These immunizations are required for school and must be up to date before traveling on WWW.

Yellow Fever: Required for Tanzania & Kenya only. This mandatory vaccination can only be obtained at the Dubai Government Travel clinics: Al Barsha Centre (04-5023301) or Al Mankool Clinic (04-5021227). The immunization costs approximately AED 380 in cash. Bring your child's passport or Emirates ID to the clinic. The Yellow Fever vaccine must be documented in the International Yellow Booklet and given to the trip leader.

Recommended Immunizations

Typhoid: A bacterial illness spread by fecally contaminated food and water. The CDC recommends typhoid vaccination for all WWW trip locations.

Hepatitis: Recommended by the CDC for all travellers to intermediate and high risk areas including South Africa, Nepal and Tanzania.

Varicella: For children who have not had the chickenpox disease, the CDC recommends two vaccinations, an initial vaccine and a booster. Be sure you receive both.

Optional Immunizations

Malaria Prophylaxis: Malaria is a serious disease, spread by mosquitoes. It is optional that your child take malaria prophylaxis if traveling to Cambodia, Laos or Tanzania. Please consult with your personal physician to obtain a prescription for the medication that is best for your child, either malarone or doxycycline. Mefloquine is not an accepted anti-malarial.