



Passport to Health & Safety



**INTERNATIONAL
SOS**

WORLDWIDE REACH. HUMAN TOUCH.



6 Basic Rules for Safer Travel



Whether you're traveling for business or pleasure, this pocket guide will provide some important health and safety tips to remember before and during your travels. To ensure our members have the latest information, we also provide an assistance app, medical and security updates on our website, and a daily email tailored for the traveler.

While we can help you in time of need, you can also prepare yourself by reaching out to us so your trip or assignment is memorable for all the right reasons.

Safe travels!

When traveling abroad, here are some simple steps you can take to reduce your exposure to danger. For more in-depth information on your travel destination including the latest safety, travel, and health updates, visit internationalsos.com

1) PREPARE YOURSELF

Before leaving for your trip, check the situation and risks in the country you're visiting. Country profiles can be found in the Travel Security section of internationalsos.com

Country risk ratings reflect the amount of preparation you should undertake before a trip. Generally the higher the risk rating, the more preparation required.

Additional steps you should take:

- Consult your government's travel advisory for current restrictions;
- Stay informed of any situation that could jeopardize your safety;
- Identify in advance any unsafe areas in your travels that you should avoid;
- Recognize your vulnerabilities and take the necessary precautions to mitigate your risks.





2) STAY AWARE

Wherever you travel, you should always be aware of the risks associated with your environment. Of course, even when you take precautions, risks will always still exist. That's why we recommend that you make security awareness a habit by incorporating the following steps into your daily routine:

- Before leaving your hotel or residence, **decide on the route you will take;**
- Be aware of high-risk areas and **identify safe locations;**
- **Look out** for strangers waiting by your residence or office; cars following you; or other unusual incidents;
- **Be alert** when traveling to or from your residence or office, and in public places such as restaurants and clubs;
- **Maintain** a healthy suspicion of anyone who shows you undue attention;
- **Avoid** any situations where you may become isolated and at risk.

3) KEEP A LOW PROFILE

Criminals normally target an individual because that person stands out in the crowd. To attract as little attention as possible when traveling abroad, follow these simple rules:

- Try to **blend in;**
- **Avoid overt signs** of wealth like expensive jewelry;
- Carry laptops, digital cameras, and phones in backpacks and **keep them hidden** from view and secure when not in use;

- **Avoid talking loudly** especially if your accent or language may increase the risk of you being targeted;
- **Don't discuss details** of your business or itinerary with anyone you do not know;
- **Select a vehicle** that does not attract attention;
- Make sure personal information (home address and family details) are **properly safeguarded;**
- When speaking on the phone make sure you **know the caller before giving any personal or family details**, or before answering any seemingly innocent questions. This is particularly important in hotels or other short-term accommodations.



Prepare Yourself

Whether you are a seasoned traveler or make the occasional overseas trip, our various training and preparation tools will introduce you to health and safety aspects of travel that you may not have thought about. Our virtual and face-to-face training is designed to give you the knowledge you need to help minimize the chances of a safety or health issue when you travel or live abroad.

For more information, email inquiries@internationalsos.com



4) CHANGE YOUR ROUTINE

When you follow the same routine every day you help criminals and terrorists figure out the best time and place to target you. That's why it's extremely important that you avoid being predictable. Even if you don't have very many options to vary your routes to the places that you visit regularly, any variation in route or time of day will make you a more difficult target.

Other steps you can take to make you less vulnerable:

- The start and end of your trip are the most predictable parts of your journey, so stay extra alert at these times;
- Make sure your driver understands the higher risks associated with drop-off and pick-up locations;
- Make sure your driver actively monitors the environment and has the appropriate training in defensive driving and VIP transport.

5) KEEP LINES OF COMMUNICATION OPEN

Communication is one of the most important aspects of managing security risk when traveling. Fortunately, with today's smart phones, it's much easier for travelers to take care of this important detail.

During your trip make sure you:

- Test your mobile phone, keep it fully charged, and have a back-up plan (telephone card, car charger, back-up battery, coins);
- Always carry a hard copy of your emergency contact details (wallet card or membership card);



- Establish a lost contact plan, which makes your actions predictable to your loved ones or support staff in the event of an emergency;
- Check the network that is used in your destination country and if possible carry a quad-band telephone that provides the widest mobile coverage.

If you are on a short-term assignment:

- Carry the phone numbers for your office, partner, client, and supplier.

If you are on a long-term assignment:

- Use an old handset and purchase a local pay as you go SIM for use when out and about;
- Carry the telephone numbers of the police or the local guard force, the embassy or consulate, your office, and your neighbors. Clarify with them in advance what actions should be taken in the event of an emergency.

If you are traveling in high-risk environments make sure you have a variety of communication options available.

These could include:

- Primary – mobile/cellular telephone or PDA;
- Secondary – landline (public or hotel phone), email or fax, UHF/VHF/HF radio;
- Alternative/back-up – satellite telephone.



In volatile environments, where the power supply and mobile coverage may be limited, request a satellite telephone as a back up and make sure the provider has adequate coverage in the region. Be aware that when mobile coverage is poor, you may still be able to use SMS text messages to communicate.



6) BUILD YOUR PROTECTION PLAN IN LAYERS

There is no single measure that can guarantee your security when traveling. A sound security plan involves applying several layers of protection.

Whenever you travel, you should:

- Adopt appropriate security measures and maintain them. These measures should be in direct relation to the risks you are likely to face in your destination;
- Acknowledge the dangers associated with creating a routine within normal daily life;
- Always remain alert. Effective personal security must be applied 24 hours a day, even on the return leg of your journey.



4 Basic Rules for Healthy Travel

As an International SOS member, you have access to a wealth of destination-specific information to help you prepare for your trip and make informed decisions concerning your health and safety while traveling abroad. In the event of an illness or injury while traveling, our full-time staff of over 1,100 doctors and health specialists is ready to assist you in getting the best medical care possible.

1) RESEARCH YOUR DESTINATION FOR POTENTIAL MEDICAL RISKS

Before you travel to any foreign destination, log onto the International SOS Online Country Guides to learn about any possible medical alerts or risks. Our public health experts continually monitor and update this data to ensure that you'll have the latest, most accurate information. You'll also find informative articles on carrying medication abroad, altitude sickness, sexual health, deep sea diving, sun and weather protection, using insect repellent, air quality and more.

What you should know before you pack your bags:

- Your destination's medical risk based on our proprietary risk rating system;
- The recommended vaccinations and preventative medications for your destination;
- Food and water safety and advice.



2) TALK TO YOUR DOCTOR

Even if you think you're in perfect health, you should visit your doctor for a travel health consultation at least six weeks before any trip. A trip to the dentist is also recommended.

It's the best way to ensure that you can take your trip without any health issues getting in the way.

What you should discuss with your doctor about your trip:

- Find out if any existing medical conditions will prevent you from traveling;
- Make sure you tell your doctor every place you'll be visiting or even passing through;
- Get advice on vaccinations, malaria, and other possible health issues;
- Learn the disease risk for your destination and how to prevent it;
- If you take any medication, ask for additional supply as well as copies of your prescriptions to take with you. Keep medication in original packaging.

If you do experience an injury or health problem while traveling, International SOS will:

- Locate an International SOS approved medical specialist in your area including a pharmacist;
- Recommend a hospital if required, liaise with the hospital, and follow-up on your treatment;
- Arrange your transfer to an appropriate medical facility;
- Arrange for an ambulance at your request.



3) DON'T TRAVEL IF YOU'RE SICK

Flying with a head cold can often cause severe ear pain on descent. Occasionally serious consequences, such as a burst eardrum can occur. You can also pass your illness to others you meet during your travels.

4) PACK A FIRST AID KIT

In addition to any personal medications, you should also consider taking other medical treatments with you as well. Of course, what you take depends on where you're going. The higher the medical risk, the more self-reliant you should be. Log onto the International SOS Online Country Guides to learn about the medical risks at your destination.



Assistance App

The Assistance App puts you and your family members in direct contact with International SOS physicians, nurses, security, operations, logistics and aviation experts. In an emergency - or for routine advice - our team of dedicated and caring professionals, as well as our global network of vetted providers, are only a click away.

Go to app.internationalsos.com to download the App.



24/7 TRAVEL ASSISTANCE

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International SOS (www.internationalsos.com) and Control Risks (www.control-risks.com) combine the expertise and resources of both organizations to provide a comprehensive suite of travel security risk services for mobile employees.

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