STAYING HEALTHY *and* SAFE ABROAD

MICHIGAN STATE UNIVERSITY

STAYING HEALTHY AND SAFE WHILE ABROAD

- Download the **International SOS app.** **app.internationalsos.com**
- Enroll in the **U.S. Department of State's** *Smart Traveler Enrollment Program*. **step.state.gov**
- Pay attention to your surroundings.
- Avoid attracting attention to yourself.
- Avoid traveling alone whenever possible, especially at night.
- If you consume alcohol, be responsible and comply with local laws and customs.
- Monitor local news.
- For more safety tips, visit **globalsafety.msu.edu/safety**

TRAVEL REGISTRATION AND HEALTH INSURANCE

All MSU international travelers are eligible for International SOS medical and security assistance.

- **Education Abroad** students are automatically covered by international health insurance during their program dates. **globalsafety.msu.edu/ea-isos**
- **Non-EA faculty, staff** and **students** engaging in MSU-sponsored international travel must register their trip to activate insurance coverage. **globalsafety.msu.edu/register**
- **Spouses and dependents** are not eligible for insurance coverage. See policy for personal deviation coverage information. **globalsafety.msu.edu/isos**

OTHER IMPORTANT CONTACT INFORMATION

Program Director/Host Institution

NAME	PHONE

Emergency Contact Person at Home

NAME	PHONE	RELATIONSHIP

OFFICE FOR GLOBAL HEALTH, SAFETY, AND SECURITY
globalsafety.msu.edu

OFFICE FOR EDUCATION ABROAD
educationabroad.msu.edu

IN AN EMERGENCY

1. Assess the situation. Get to a safe location.
2. Contact the local "911" equivalent for emergency assistance, medical care or if you need to report an emergency.
3. Confirm the safety and well-being of fellow travelers. Check in with your program director/group leader as soon as is safely possible.
4. Follow the advice of local authorities.
5. If you need immediate assistance, call **International SOS** and/or the **MSU 24/7 International** Emergency Assistance Line.
6. To report that you are safe, email **globalsafety.msu.edu.**

EMERGENCY CONTACT INFORMATION

International SOS 24/7 Scholastic Assistance Line:

+1-215-942-8478

MSU 24/7 International Emergency Assistance Line:

+1-517-353-3784

Local Emergency Services

*Call **first** in event of **imminent** danger.*

AMBULANCE
POLICE
FIRE
LOCAL 911 EQUIVALENT