HEALTH GUIDELINES & REQUIREMENTS



Switzerland: International Studies and Multilateral Diplomacy

SIT SCHOOL FOR INTERNATIONAL TRAINING
STUDY ABROAD

BRIEF SUMMARY

Prior to Departure:

- Schedule an appointment with your primary care doctor or a travel medicine clinic at least 8 weeks prior to departure.
- Take an adequate quantity of all your necessary and prescription medications to last your entire stay.
- Immunizations: Ensure you are up to date on all routine vaccines. An annual flu shot and covid vaccine is recommended if available.

While you are in Switzerland:

- Do not travel alone and maintain an awareness of your surroundings at all times.
- Remember motor vehicle accidents remain the biggest risk for international travelers. Ride in the back seat, wear seatbelts, and do not be afraid to ask your driver to slow down.
- Use condoms if you are sexually active.
- While traveling abroad, minimize high-risk behaviors.
- Notify your Academic Director if you become ill.

Maintaining good health and safety is a critical element of your successful participation in an SIT Study Abroad program. As in the US, students should always use caution in unfamiliar places and circumstances. For this program, health, safety, and security information will be provided to students upon arrival in the host country including how best to protect yourself against COVID 19.

Coronavirus COVID-19

COVID-19 is a newly identified respiratory virus that is spread through direct contact with an infected person as well as through respiratory droplets produced when an infected person coughs or sneezes. The World Health Organization (WHO) has declared this disease a global pandemic for the worldwide spread of a new disease for which most people do not have immunity. Symptoms of COVID-19 may appear **2-14 days after exposure** and may include fever, cough, and shortness of breath. The illness can also cause muscle or body aches, sore throat, vomiting and diarrhea. Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease (COVID-19) cases. *There is currently a vaccine to protect against the coronavirus disease 2019 (COVID-19). CDC states that a person is considered fully vaccinated two weeks after receiving the last recommended dose of vaccine.* The best way to protect yourself is to obtain the COVID 19 vaccine (if available) and to continue to follow COVID 19 precautions!

- **Clean your hands often-**wash your hands carefully and frequently with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.
- **Clean AND disinfect** frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **Avoid close contact. Practice physical distancing-**stay at least 6 feet apart. Put distance between yourself and other people if possible.
- **Inform your Academic Director immediately** if you have a pulmonary disease or any respiratory illness; have a fever or feeling sick; if you have been in close contact with a person known to have COVID-19; and/or have recently traveled from an area with widespread or ongoing community spread of COVID-19.
- **Contact ISOS and a medical doctor,** if you develop symptoms.
- **Avoid travel if you are sick or have a fever.** Your Academic Director will make appropriate accommodations for students who are ill.
- **Wear a facemask**, especially when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.
- **Most importantly, stay connected:** especially during your Independent Study Project or Internship. Communicate daily with your SIT Academic Director. SIT continues to update its contingency and evacuation plans to ensure that we are prepared to take appropriate action in the event of a change in circumstances.

SIT recommends that students check the country's consular website for up-to-date information on entry and exit requirements.

Take good care of yourself!

