General Information
Maintaining good health and safety is important for your successful participation in an SIT Study Abroad program. Health, safety, and security information will be provided to students upon arrival in the host country. As in the US, students should always use caution in unfamiliar places and circumstance. In general there are no particular health precautions students must know or take during their stay in the Balkans, there are however a few noteworthy considerations:

Immunizations:
In preparation for your study abroad stay in the Balkans, the following immunizations are recommended: routine vaccinations as well as Hepatitis A, Hepatitis B and Influenza.

Food and Water Precautions:
There is minimal risk of food and water concerns in Serbia. For your program excursions it is recommended that you drink bottled or canned beverages (water, soda, soft drinks- ensure caps are sealed) and eat cooked vegetables, fruits with thick covering (citrus, bananas, and melons) and well-washed raw fruits and vegetables. Meat or fish should be thoroughly cooked and pork and lamb should be well done. Use only pasteurized dairy products from large commercial dairies.

Prevention of Animal Bites:
Rabies: Risk exists from wildlife and domestic animals (bats, jackals, fox) in the Balkans and therefore, you should take measures to prevent it. Dog rabies rarely occurs in Bosnia and Kosovo and is not present in Serbia. Nevertheless, strict adherence to the following is important for a safe and rabies-free experience:

- Avoid bites from all animals and especially avoid handling or feeding puppies, kittens, monkeys, bats or other animals.
- If you have been bitten or have had direct contact with the saliva of a suspected rabid animal, immediately wash the affected area with a soap solution and running water. **Then proceed immediately for post-exposure treatment**, the sooner the better.

Other Diseases
**Tuberculosis:** Tuberculosis (TB) is a bacterial disease spread by airborne droplets from a person with untreated pulmonary TB or by ingestion of TB-contaminated unpasteurized milk products. Transmission is more likely in conditions of crowding and poverty. A TB skin test can indicate prior exposure to tuberculosis and is required prior to travel (unless already known to be positive). A repeat test is recommended after returning to the US even if the pre-departure test was negative.

Please consult your physician for further travel health recommendations.

With reasonable attention to health and hygiene rules, your stay in the Balkans should be a healthy one. Aside from minor ailments due to adjustments to the new food, water and climate, the large majority of SIT Study Abroad students remain healthy throughout their term.
We do, however, recommend that you see your physician when you return to the US to test for any possible lingering infection contracted overseas.

Take good care of yourself!