

HEALTH GUIDELINES



& REQUIREMENTS

Switzerland: Global Health and Development Policy

SIT Study Abroad
School for International Training



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 circumstances, but in general there are no particular health precautions students must know or take during their stay in Switzerland.

There are however a few noteworthy considerations for the program eight-day excursion to Morocco.

IMMUNIZATIONS

In preparation for your study abroad stay in Switzerland as well as your excursion to Morocco, the following immunizations are recommended: routine vaccinations including Hepatitis B and Influenza. For your Morocco excursion: Hepatitis A and Typhoid are also recommended.

FOOD AND WATER PRECAUTIONS

There is minimal risk of food and water concerns in Switzerland. During your stay in Morocco, 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 in Morocco and, therefore, you should take measures to prevent it:

- 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.

Please consult your physician for further travel health recommendations.

With reasonable attention to health and hygiene rules, your stay in Switzerland and Morocco 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!

