Argentina: People, Environment, and Climate Change in Patagonia and Antarctica
GENERAL INFORMATION
Maintaining good health and safety is important for your successful participation in a 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 with reasonable attention to health and hygiene rules, your stay in Argentina, Patagonia and Antarctica should be a healthy one.

There are however a few noteworthy considerations for a safe and healthy experience in the Argentina: People, Environment, and Climate Change program:

IMMUNIZATIONS
In preparation for your study abroad stay in Argentina, Patagonia, and Antarctica the following immunizations are recommended: routine vaccinations as well as Hepatitis B, Influenza, Hepatitis A and Typhoid.

FOOD & WATER PRECAUTIONS
There is minimal to moderate risk of food and water concerns in Argentina, Patagonia and Antarctica. For your program excursions it is recommended that you drink bottled or canned beverages (water, soda, soft drinks)-ensure caps are sealed. Eat well-cooked steaming hot foods, fruits with thick covering (citrus, bananas, and melons) and raw fruits and vegetables that are well-washed. Meat or fish should be thoroughly cooked, and pork and lamb should be well done. Use only pasteurized dairy products from large commercial dairies. Avoid street food purchases.

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. There is a low incidence of tuberculosis in Argentina. A TB skin test can indicate prior exposure to tuberculosis and is recommended prior to travel (unless already known to be positive). A repeat test is also recommended after returning to the US even if the pre-departure test was negative.

HIV/AIDS and Blood Supplies
HIV/AIDS is a concern worldwide. It is the student's responsibility to protect him/herself from acquiring the disease. Students anticipating even the possibility of sexual activity are strongly urged to bring their own condom supply. Other potential routes of infected blood transmission such as tattooing, body piercing, and needle sharing must be strictly avoided.

With regard to blood transfusions, our Academic Directors have identified hospitals, through consultation with the local US embassy, where safe blood is available.

Coronavirus COVID-19
COVID-19 is a newly identified respiratory virus that was discovered in China. Cases of the virus have spread rapidly in China and have also been reported in over 100 other countries, including the United States. 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. COVID-19 is usually spread through direct contact with an infected person as well as through respiratory droplets produced when an infected person coughs or sneezes. It is unknown if the virus can spread from contact with contaminated surfaces or objects. Symptoms of COVID-19 are fever, cough, and shortness of breath, and may appear 2-14 days after exposure. The illness can also cause body aches, sore throat, vomiting and diarrhea. Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus and protect yourself!
- 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 social distancing. 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.

Other Hazards
Weather conditions can change rapidly while on program excursions. Please dress appropriately. The use of sunglasses, sunscreen lotions, and lip protection are recommended to reduce problems related to sun exposure. Motion sickness may be experienced especially during the 10-day excursion by boat to Antarctica. Common symptoms are nausea, cold sweat, dizziness, headaches, loss of appetite and shortness of breath while becoming acclimatized. You may wish to consult your physician about obtaining dimenhydrinate (Dramamine) or prescription medications such as scopolamine (Maldemar).

Please consult your physician for further travel health recommendations.

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!