



## Travel Safety



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## Student Wellness Centre

[student.wellness@usask.ca](mailto:student.wellness@usask.ca)

[wellness.usask.ca](http://wellness.usask.ca)

**306-966-5768**



UNIVERSITY OF  
SASKATCHEWAN

# Do Your Homework

- Research your destination on its safety information, food and water safety, law enforcement, entry/exit requirements, and general information on the area you are staying. The Government of Canada's Travel Advisory website is a useful resource!
- Know emergency numbers (e.g., Mexico is 066, not 911). Find out where the Canadian embassy is located at your destination.
- Learn a few phrases in the local language ("help", "police", or "I need a doctor"); may be helpful.
- Make copies of all your identification and plane tickets. Give a copy to someone at home and keep a set in the hotel safe in case they get lost or stolen.
- Become familiar with your travel insurance. The University of Saskatchewan Studentcare health plan may come with travel health insurance. Check out your plan by visiting the USask Studentcare website.

# Watch Out for Pickpockets

- Carry your important documents (passport, birth certificate) in a money belt or a body pouch, not in a purse or backpack where they can be easily stolen.
- If you have to set your bag down, put your foot through the strap – you will feel if someone tries to nab it and will not forget to pick it up when you leave. Just be careful not to trip over it!

# Be Sun Safe

- Wear sunscreen. Nothing dampens a trip like a wicked sunburn. Use a minimum 25 SPF. Remember to reapply after swimming, sweating and according to the recommendations on the bottle.
- Wear protective clothing, sunglasses, and a hat.
- Drink plenty of water! Being out in the sun and drinking alcohol increase your risk of dehydration.

# Party Safely

- Obey the law. Places like Mexico have strict laws against public drunkenness and drug possession (even very small amounts).
- Know your limits. Winter break is not an excuse to drink excessively. Too much alcohol will lower your inhibitions and can impair your judgement.
- Keep an eye on your drink. Watch your drink, watch it being made, keep it in your hand, and do not accept a drink from anyone else. Date rape drugs can be placed in your drink while you are not paying attention. Keep your hand over your cup or your thumb over the top of your bottle.
- Buddy up. Always stick together and inform others of your whereabouts. Watch out for friends and have them watch out for you.
- **NEVER LEAVE WITHOUT ANYONE YOU CAME WITH.**

# Practice Safe Sex

- 24% of Usask students admit to engaging in unprotected sex when drinking. (2019 National College Health Assessment)
- Sexually transmitted infections (STIs) or an unplanned pregnancy are not the kind of souvenirs you want. If you are going to have sex, use a condom. If you choose to hook up, be careful who it is with.
- Spring break is an easy way to prey on drinking college students. Make sure your friends see the person you are with, know their name, and where you are.
- Practice Consent, just as you do at home.
- **Trust your instincts! If it feels uncomfortable, don't do it!**

## CONSENT



Freely Given  
Reversible  
Informed  
Enthusiastic  
Specific

 Planned Parenthood®

# Immunization

- Prior to departing, make sure your immunizations are up to date.

- At least six weeks before your travel, make an appointment with Saskatoon's International Travel Centre to inquire and receive vaccines recommended for specific destinations. Student Health Services can provide basic travel information and some immunizations. However, you will get all the information you need from health professionals trained in international travel concerns.
- Up to date COVI-19, hepatitis A, hepatitis B, and tetanus vaccinations are recommended for most travel. Others that are recommended for travel in some countries are vaccinations for polio, typhoid, malaria, yellow fever, and rabies.

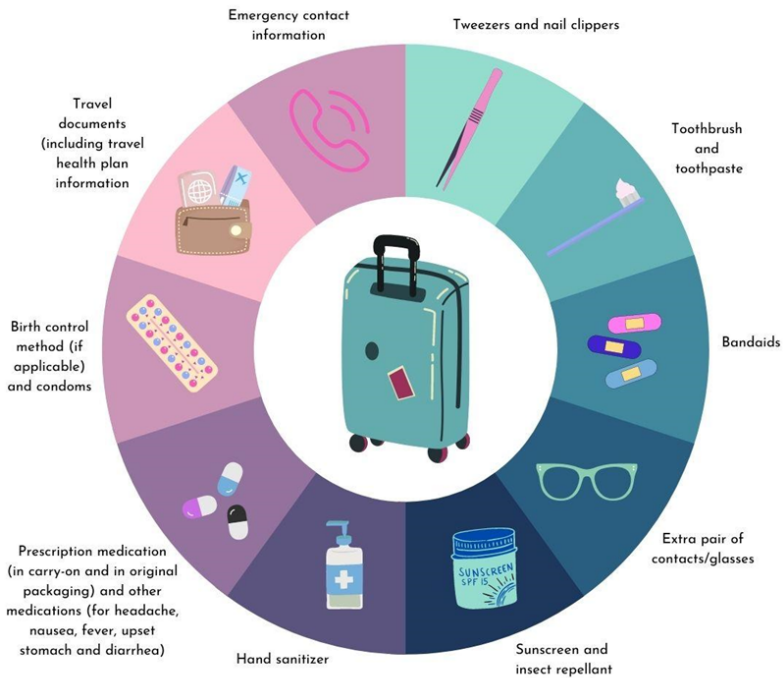
### **Watch What You Put Into Your Mouth**

- No one wants to spend their vacation in the bathroom, so when you are off resort try to avoid ice. Drink bottled/canned beverages, and do not eat food from street vendors.
- The resort rating is no guarantee that food and beverages are safe;

follow recommended safety precautions.

- Even fresh, thoroughly cooked food can become contaminated through unsanitary handling.
- Avoid using untreated water to brush your teeth and getting any in your mouth when showering.
- Wash your hands often with soap and water and use alcohol-based hand sanitizer.
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# PACK A TRAVEL KIT



## For More Information

- [www.cdc.gov/travel](http://www.cdc.gov/travel)
- <https://travel.gc.ca/travelling/advisories>
- <https://www.studentcare.ca/>
- The International Travel Centre,



108- 407 Ludlow Street, Saskatoon  
Phone: 306-655-4780  
*Open weekdays, evenings, and  
Saturdays*

**Being properly informed about travel  
risks can help you be prepared for  
the unexpected and keep you safe and  
healthy – so you can enjoy your trip to  
the fullest!**

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## **More Health Help:**

[wellness.usask.ca](https://wellness.usask.ca)

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