



Health and Safety

Health:

You will find that it is extremely difficult to be effective on the mission field when you are sick. To truly assess your medical needs, you are encouraged to visit your personal physician before traveling. Here are a few helpful health tips:

Know your own health:

Make sure you are healthy before leaving. Start an exercise regimen several months prior to departure. Be sure to take with you all medication that you may personally need, and bring any antibiotics of your own if your doctor advises (keep these medicines in original packaging).

Immunizations:

Ask your doctor what shots are recommended for your specific trip. Crossroads requires that you have Hepatitis A and B vaccinations and an up-to-date Tetanus.

Each area of travel has specific immunizations, so please visit your local Health Department to be certain that you are up to date on all shots needed for travel. Also, please visit www.cdc.gov for further medical advise on your specific trip. This is the Center for Disease Control. It is their job to keep American Citizens updated on all health issues for travel.

Common Sense and Health Basics:

Avoid street vendors or any food your missionaries ask you to avoid.

Be careful of the water that you drink in most places outside the US and Europe (including washed fruit, vegetables, ice, brushing your teeth, and showering).

Diarrhea and Vomiting are bound to happen for some of you. Be sure to drink plenty of liquids to keep your body hydrated during this sickness.

Some suggested medications to carry include: Pain reliever, upset stomach meds, diarrhea meds, sinus medicines, sunburn prevention and treatment.

In General, always share with someone your medical conditions (ie allergies) or when you are sick. We are a team and want to support one another. Please don't try to fight through the sickness on your own!

Safety:

Below are a few tips to keep you and your team safe:

- *Secure ID tags on your luggage and do not leave them unattended
- *Keep your money and passport safe. Money belts are a wise option for those carrying larger portions of money. Remember: If it is easily accessible to you, it will be easily accessible to thieves.
- *Be familiar with local currency (exchange rate), and only exchange when approved by leaders.
- *Don't promise anything you don't actually plan to do.
- *Do not go anywhere alone. Always travel with a buddy.
- *Do your best to blend in. The less noticeable you are, the less likely you are to have a problem.
- *Never disclose personal information about yourself to strangers while you are traveling.
- *Be in communication with your team leaders and your host missionary at all times about what you are doing and where you are going.
- *Report anything suspicious to team leaders and host missionaries immediately