

Risk Reduction Agreement

(sign and submit during predeparture meeting)

According to the WHO, injuries are the leading cause of preventable death in travelers. From 2003 to 2005, an estimated 2,276 U.S. citizens died from injuries and violence while in foreign countries (excluding deaths occurring in Iraq and Afghanistan). Road traffic crashes led the list of causes (34%), followed by homicide (17%) and drowning (13%). Depending on travel destination, duration, and planned activities, other common injury and safety concerns include natural hazards and disasters, civil unrest, terrorism, hate crimes against Americans, falls, burns, poisoning, drug-related overdose, and suicide. Traveling by car in the developing world is markedly more dangerous than traveling by car elsewhere. Travelers should be aware of the increased risk of certain injuries while traveling abroad, particularly in low-income countries, and be prepared to take preventive steps to avoid them (Sleet, 2009). By following the risk reduction agreement outlined below, travelers can significantly decrease their personal risk for a preventable injury.

Personal Health

- I have completed pre-travel self-assessment
- I have completed an appointment at a travel clinic
- I have obtained pre-travel vaccinations, medications, malarial prophylaxis, and other essential medications.
- If I have psychiatric or other health issues that may be exacerbated under stressful and unfamiliar situations, I will meet with my therapist and/or personal physician to weigh the benefits and risks of participating in a GWH elective.
- I have thought about and made arrangements for contraception, abortion access, and PEP for HIV

Occupational Health

- I have reviewed my institution's occupational exposure guidelines and will bring a filled prescription for post-exposure HIV prophylaxis if recommended by my institution in the event of an exposure.
- I will bring a supply of fitted N95 masks and surgical gloves and will utilize universal precautions at all times.

Travel and Recreational Safety

- I will respect the accommodation facilities and adhere to house rules
- I will wear safety belts in vehicles when a belt is available.
- I understand that my institution recommends against traveling on motorcycles, in the open back or tops of vehicles.
- I will utilize a helmet when riding a bicycle.
- I will avoid travel after the consumption of alcohol.
- When engaging in water sports, I will wear personal flotation devices, will avoid hazardous or unknown conditions, and will not consume alcoholic beverage while on the water. I will not operate watercraft or participate in scuba diving without proper training.

SIGNATURE _____

DATE _____

WITNESS _____