

INDIA HEALTH AND SAFETY AT A GLANCE

Safety Policies

The India Center takes the health and security of students very seriously, and this is a priority in all academic activities. However due to the nature of the program, students must also take this very seriously and make responsible decisions to minimize their risk of facing a health or safety incident. The following policies are in place in order to try to minimize this risk.

Emergency Procedures

If a travel warning is issued, students will be evacuated from the country in due course once it is safe to do so. We encourage all students to subscribe to the U.S. Department of State Travel Warnings (DOSTRAVEL) electronic mailing list by sending an email to: listserv@lists.state.gov type in the message body "SUBSCRIBE DOSTRAVEL YOURNAME" (omit the quotation marks and leave subject blank). You can also use the online subscription form at: www.state.gov/www/listservs/cms.html.

The Global College Program India Center is registered with the U.S. Department of State. Students are also required to individually register their passports with the U.S. Department of State prior to departure or immediately after arrival and to provide a copy of their passport information to the Academic Director. Students should also fill out their local address in India on page five of the passport in pencil. If you leave the city of Bangalore you must take the original passport with you. It is good practice to keep a copy of your passport and entry stamp with you when you travel and in a separate bag from your wallet in case your passport is lost in transit.

Terrorism

Terrorist acts occur unpredictably, making it impossible to protect yourself absolutely. The first and best protection is to avoid travel to areas where there has been a persistent record of terrorist attacks or kidnappings.

In addition, the center has developed a policy which restricts regions in which students may travel, either for personal or academic reasons. All decisions are made on the basis of US State Department circulars, recent events, local and international news.

Recreational Travel

For their own safety, students are not permitted to travel to countries with State Dept. travel advisories or to areas with high health or safety risks even if such travel is for recreational purposes and/or during semester breaks. If a student travels to one of those countries she/he will be automatically out of the Program.

Students are required to keep in close contact with the center when they are traveling outside of Bangalore. A contract must be signed which stipulates that each student must call his or her advisor at least once a week while away from the center.

Safety on the Street

- Use the same common sense traveling overseas that you would at home. Be especially cautious in (or avoid) areas where you may be more easily victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals and crime-ridden neighborhoods.
- Don't use short cuts, narrow alleys or poorly lit streets.
- Try not to travel alone at night.
- Avoid public demonstrations and other civil disturbances.
- Keep a low profile and avoid loud conversations or arguments.
- Do not discuss travel plans or other personal matters with strangers.
- Avoid scam artists by being wary of strangers who approach you and offer to be your guide or sell you something at bargain prices.
- Beware of pickpockets. They often have an accomplice who will: Jostle you, ask you for directions or the time, Point to something spilled on your clothing, or distract you by creating a disturbance.
- Beware of groups of vagrant children who create a distraction while picking your pocket.
- Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers.
- Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. Try to ask for directions only from individuals in authority.
- Know how to use a pay telephone and have the proper change or token on hand. (In order to use the Pay Telephone, you need to first insert a one rupee coin to get the dial tone. The one rupee call will last for three minutes. Use another coin if you need to continue the conversation once you hear the beep sound).
- Make a note of emergency telephone numbers you may need: police, fire, your home, Center Personnel number and the nearest U.S. embassy or consulate.
- Close attention to standards of dress will go a long way to minimizing problems for female travelers. **The light cotton drawstring skirts that many foreign women pick up in India are really sari petticoats. To wear them in the street is rather like going out half-dressed!**

Transportation

STUDENTS ARE ABSOLUTELY PROHIBITED FROM OWNING OR DRIVING A VEHICLE WHILE AT THE India Center, DUE TO SAFETY REASONS.

Traffic in India moves on the left. It is important to be alert while crossing streets and intersections, especially after dark as traffic is coming in the “wrong” direction (i.e., from the left).

Photography

In India you can be detained for photographing security-related institutions, such things as police and military installations, government buildings, border areas and transportation facilities. If you are in doubt, ask permission before taking photographs.

Drugs

The use of hallucinogenic and/or other illegal drugs is strictly forbidden by Indian law and by the India Center of Global College. Students are informed that they are subject to local laws. Anyone arrested can plan on a much extended stay in India and the U.S. offices of Global College/Long Island University can not be responsible for legal assistance or further support in such a situation. Besides jeopardizing your own safety, please know that your participation in illegal behavior can result in the closing of the India Center by Indian authorities.

Health/Medical Information

Health care in India is among the best in the world and considerably less expensive than comparable care in the United States. Furthermore, Indian doctors and nurses are known for their informed and dedicated care all over the globe. The India Center maintains contact with well known hospitals and health care professionals in the city.

Mandatory International Health Insurance

Students will receive their health insurance cards and a policy handbook upon their arrival to the India center. The mandatory international health insurance fee will be automatically applied to a student's tuition bill. All students will be charged for international health regardless if they are covered under a parent's policy. The fee for 2008-2009 is \$275 per semester. It is important to emphasize that except for long term hospitalization; students must pay out of pocket, and then submit a claim to the insurance company for reimbursement. The percentage covered and deductibles are outlined in the policy handbook: <https://secure.visit-aci.com/Documents/BR32201388.pdf>. In other words, it is important to bring some extra money (credit cards also work fine) to cover any medical emergency.

Immunizations

Information on immunizations and other health-related topics are given here as a guide, not as authoritative medical advice. You should, of course, have a basic checkup and talk to your doctor before you come, and provide Admissions (for new students) or the Registrar (for continuing students) with all appropriate paperwork.

You or your physician should check with the Center for Disease Control for the most current update on the region you are traveling to. Their web page is <http://www.cdc.gov/>. If you want updated information from the U. S. State Department on the country you are traveling to, check <http://travel.state.gov/>.

When you see your doctor, tell him or her that you will be living in India for several months and visiting rural and urban areas of India. If you plan to do any traveling after the end of the semester or year, be sure to mention where you will be headed so that you can take care of that as well.

Students are requested to have their BLOOD TYPE verified by their family doctor before their arrival at the India Center. This will be useful in case you need medical attention.

Although yellow fever is not a disease risk in India, the government requires travelers arriving from countries where yellow fever is present to present proof of yellow fever vaccination. If you will be traveling to one of these countries where yellow fever is present before arriving in India, this requirement must be taken into consideration. To get a full list of countries affected by yellow fever, please go to: <http://www.cdc.gov/travel/yellowBookCh4-YellowFever.aspx#667>. It is recommended that you get a Hepatitis A shot (Immune Globulin). This gives your immune system a boost while your body gets used to the different food, water, etc. Hepatitis B and Typhoid shots are also recommended.

Make sure your vaccinations are updated, so you are as well protected as possible. Routine vaccines, as they are often called, include chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) and are given at all stages of life. If you have any health problems, please go to your doctor and get a full treatment before arriving to the India Center. It is also a good idea to get the "flu shot." All inoculations and immunizations should be recorded in the yellow booklet called "International Certificates of Vaccination."

It is recommended that you have a tuberculin skin test while still in the United States. Assuming this test is negative, it should be repeated on your return to the States. If you are a woman and you are on the Pill, you should bring enough to last through the semester or year. Condoms are easily available.

Malaria does exist in India. Malaria risk areas in India include all areas throughout country except no risk in areas above 2,000 m (>6,561 ft) in Himachal Pradesh, Jammu, Kashmir, and Sikkim. Risk also exists in urban areas below 2000 m, including Delhi and Mumbai (Bombay). If you should decide that you do want to take anti-malarial drugs, talk to your physician about it. You should purchase your anti-malarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use. **NOTE: Chloroquine is NOT an effective anti-malarial drug in the Indian Subcontinent and should not be taken to prevent malaria in this region.**

It is recommended to take one of the following anti-malarial drugs:

**atovaquone/proguanil,
doxycycline,
mefloquine,
primaquine (in special circumstances).**

Atovaquone/proguanil is a fixed combination of two drugs: atovaquone and proguanil. In the United States, it is available as the brand name, Malarone™.

Only drink boiled or bottled water, and as a rule, stick to freshly cooked food, made in a reasonably clean restaurant. Moreover, use a good repellent to avoid getting bit by mosquitoes.

AIDS Awareness

AIDS is a major issue in India. There is no such thing as a high-risk group – there is only high risk behavior. The population of India has been slow to adapt their behavior to protect themselves from the ever-increasing risk. Using a condom protects against HIV and other sexually transmitted

diseases, but is never a guarantee. Please take the necessary precautions to avoid becoming infected with this or any STD.

Help Available in the United States

The Citizens Emergency Center in the State Department's Bureau of Consular Affairs provides emergency services relating to the welfare of Americans arrested or detained abroad, searches for Americans missing overseas, transmission of emergency messages for Americans to their next of kin and transfer of private funds to US posts abroad for delivery to destitute Americans. Assistance at the Citizens Emergency Center is available Monday through Friday from 8:15 am to 10:00 pm at (202)-647-9019.

For Overseas American Citizen Services in the United States call (202)-647-7899. If calling from overseas dial (888) 407-4747 or on a regular toll line dial (317) 472-2328.