

Receiving Medical Attention:

While in the Dominican Republic, students have access to quality health care.

- In case of emergency, or if a student requires medical attention after working hours, students will be taken to the Emergency Room at *Hospital Metropolitano de Santiago* (HOMS).
- In the Dominican Republic there is no Urgent Care and doctor's offices are all located within hospitals. Therefore, **going to the ER does not necessarily mean the situation is considered an emergency.**
- HOMS is a state of the art facility that has all of the amenities of a modern US hospital. To learn more about their facilities and physicians, check out their website in English <http://www.homshospital.com>
- In all other cases, students will be taken to see Dr. Cesar Jimenez, an ILAC-approved general practitioner who is certified to practice medicine in the US.
- In the case that Dr. Jimenez recommends another specialist, this specialist will also be approved by ILAC and the Student Life Director
- The Student Life Director will facilitate all medical appointments, and will always accompany students during visits to aid in translation. However, **students must be their own advocates in requesting medical attention.**



HOMS Hospital Metropolitano de Santiago

TIPS FOR READJUSTING

1. **Mentally Prepare Yourself**— Many people think that going home is the easy part. You will find that you need to prepare yourself to go home just as much as you did to leave home.
2. **Allow Yourself Time to Recover**—Let friends and family members know you may just need some time to adjust.
3. **Embrace Things that are New or Different**—You changed while you were gone, so did everything else. See these changes and new opportunities to learn!
4. **Try Not to Judge**—Your friends and families have not had the same experiences as you have. Cut them some slack and be kind in “educating”
5. **Be Culturally Sensitive**— Remember that even though it's familiar, it's still a culture. Don't try to impose your new cultural understanding on others, just like you wouldn't have imposed your culture on Dominicans.
6. **Share Your Experience**—It will help you process, and also give others a window into what you experienced. Just remember to allow people to hear you on their schedule.
7. **Find Support**—Whether it's from your Encuentro community members, past participants, or whomever. Talk to people who understand to receive support
8. **Find Resources**— check out the University of the Pacific's online course on culture shock at: www2.pacific.edu/sis/culture/ and Marquette University's signs of Reverse Culture Shock at www.marquette.edu/abroad/resources-top10.shtml

Parents:

If at any time you have questions or concerns about your child's health, safety or well-being, please be in touch with Emily Marchese, the Student Life Director for Encuentro Dominicano

Encuentro Dominicano

Office of Student Life
2500 California Plaza
Omaha, NE 68102

US Phone: 402-253-7517
DR Phone: 829-515-7987
E-mail: emilymarchese@creighton.edu



Health and Safety Guide

Creighton
UNIVERSITY

Encuentro Dominicano

Staying Healthy in the Dominican Republic

Before Departure:

- **Complete a physical exam** with your health care provider, and make sure to fill out all of the proper forms. REMEMBER to disclose any injuries or illnesses that could be exacerbated while living abroad
- **Fill all prescriptions** you will need for the four months you will be away. Pack these prescriptions in their original packaging in carry-on luggage to ensure they aren't lost.
- **Prepare** for possible allergy and/or asthma attacks. If you have ever been prescribed a rescue inhaler or an Epi-Pen, please fill these prescriptions and bring them in your carry-on luggage.
- **Enroll** in the iNext insurance program.
- **Update all vaccinations.** Encuentro Dominicano requires that all of its participants follow the recommendations of the Center for Disease Control (CDC) regarding travel to the Dominican Republic

CURRENT CDC RECOMMENDATIONS

- Update all routine vaccines (MMR, DPT, etc.)
- Hepatitis A
- Hepatitis B
- Typhoid
- Rabies
- Malaria Prophylaxis

REMEMBER: Most Malaria prophylaxis must be started at least one week BEFORE travel!

*These recommendations are subject to change. Please consult the CDC website prior to travel.

wwwnc.cdc.gov/travel/destinations/dominican-republic.htm

Throughout the Semester:

- **Report** all illnesses to the Student Life Director as soon as possible so that (s)he can get you care
- **Check with a doctor before self-medicating**, EVEN if your doctor sent you with prescriptions. This can hide symptoms and make it more difficult for a doctor to determine what is really wrong.
- **Take your vitamins!** Especially if you are a picky eater. Changes in diet make it hard for some students to get all the nutrients they need. A daily supplement can help keep you healthy.
- **Avoid** unsafe food and water. Here are some rules of thumb to know what to avoid:

Water/Beverages:

- | | |
|---|---|
| <p>Safe</p> <ul style="list-style-type: none"> ✓ Sealed, bottled drinks ✓ Anything served in a sit-down restaurant ✓ Coffee, tea, or anything boiled ✓ Anything served at ILAC | <p>Unsafe</p> <ul style="list-style-type: none"> ✗ Juices from the street ✗ Juice or water served in a home (unless you see it made) |
|---|---|
- **Ice:** Ice is safe if it is in a uniform shape. Hollow squares or small tubes are common. Almost ALL restaurants in Santiago will have safe ice.

Food:

- | | |
|--|---|
| <p>Safe</p> <ul style="list-style-type: none"> ✓ Fruits and veggies you can peel, or see peeled ✓ Anything fried or boiled ✓ Anything served at ILAC ✓ Snacks in original packaging | <p>Unsafe</p> <ul style="list-style-type: none"> ✗ Street food that has been sitting out ✗ Uncooked street food (cheese, ice cream, etc) ✗ Food in homes that has sat out overnight |
|--|---|

- **Maintain** your regular eating, sleeping and exercise habits. ILAC has a track where it is safe for students to run, and many groups have enjoyed doing exercise classes together.
- **Hydrate, hydrate, hydrate!** Many students have found it helpful to bring Gatorade packets for water bottles to help stay hydrated.

Arriving Back Home:

- If you fall ill, make sure that you **tell your doctor** you have been living in the Dominican Republic. Many diagnoses can be missed without this information.
- **Remember** to continue taking Malaria prophylaxis as directed (usually for 2-4 weeks after returning home).
- **Physical and Emotional** changes are normal for some time after returning home. Be careful with changes to your diet, give yourself time to process, and reference the back of this pamphlet for tips on how to handle the emotional challenges of readjustment.
- **Parents**, if you notice your child having a hard time adjusting, please be aware of the following resources back at Creighton:

CREIGHTON RESOURCES

Opportunities to get involved:



(402) 280-1290

<http://blogs.creighton.edu/ccsj/>



(402) 280-2459

Spiritual guidance and exploration:



(402) 280-27000

www.creighton.edu/ministry/campusministry

Additional help, if needed:



(402) 280-2735

<http://www.creighton.edu/chc/>

Hours of Operation:

Monday, Thursday, Friday 8:00am-4:30pm
 Tuesday, 10:00am-6:30pm
 Wednesday 8:30am-6:30pm