

HEALTH INFORMATION FOR STUDENTS STUDYING ABROAD

Compiled by: The Office of Health Education Services [August 2006]

Spending time overseas is an exciting and educational experience. If you or someone you know experiences a health issue that affects academic performance or everyday life, please contact your study abroad program director, visit <http://be.georgetown.edu>, or contact the resources available on Georgetown's campus for more information. Through the <http://be.georgetown.edu> site you can access an online Self-Care Guide, which will guide you through your signs and symptoms and give you advice about how to treat your illness. Main campus health professionals are available to speak with you by phone or email about concerns you may have while studying abroad. In addition, each program site has resource persons who will serve as your first point of contact.

Alcohol Emergency/Acute Intoxication

Symptoms: intoxication with alcohol- slurred speech, agitation, often followed by vomiting, listlessness, and loss of consciousness (passing out)

Do not try to reason with an intoxicated individual. Call the local police if necessary.

Response: If the individual is listless or unconscious, seek medical help immediately.

Long-standing Alcohol or Drug Use

Symptoms: physical health problems (including blackouts), physical injuries from drinking or drug use, academic or job difficulty attributed to alcohol use, loss of motivation (particularly with marijuana), difficulty in social functioning (including friends and family), adjudications or DWIs.

Response: Contact Patrick Kilcarr, Ph.D. (kilcarrp@georgetown.edu) or see your program director for information on local resources.

Depression

Symptoms: changes in behavior (loss of motivation, hopelessness, despair, loss of interest in everyday activities, loss of concentration, loss of sexual interest), changes in sleep patterns (loss of sleep or excessive sleep), or changes in appetite (loss of appetite with weight loss or excessive eating with weight gain) lasting more than two weeks

Response: Contact Counseling Services at (202) 687-6985 or see your program director for information on local resources.

Pregnancy

Symptoms: missed period following unprotected sex, physical symptoms may include fatigue and nausea

Response: Over-the-counter pregnancy tests are available at pharmacies in many countries. Results from this test are reliable if the test is taken at the point at which your menstrual period is expected and is missed. Contact Carol Day (daycr@georgetown.edu) or see your program director for information specific to your location.

Eating Disorders

Symptoms: chronic eating and weight concerns, body image concerns, binge eating, restricted eating, self-induced vomiting, laxative use, diuretic abuse (water pills to lose weight), relentless exercise

Response: If a friend is exhibiting these symptoms, express concern about observed behaviors and their health, not on their physical appearance.

Contact Carol Day, RN, MSN (daycr@georgetown.edu) or (202)687-8942, or your program director for more information.

Sexual Assault and Relationship Violence

Symptoms: Following an assault, a person may exhibit shock, denial, fear, mood swings, irritability, disturbances in eating and sleeping habits, inability to concentrate or relax.

Response: Contact the Sexual Assault and Health Issues Coordinator, Jennifer Schweer at (202) 687-0323 or your program director for local medical, legal, and counseling resources.