Food, Beverage and Water Precautions for Travelers

Developing countries don't always have the resources to ensure safe drinking water and food. As a precaution, follow these tips to help avoid serious illness while traveling.

**Water**
- **Don't** drink tap water or anything mixed with tap water. Always drink unopened bottled water.
- **Don't** get ice in your drinks.
- **Don't** rinse your toothbrush in tap water.
- **Don't** assume chlorinated water is safe. It doesn’t kill all the organisms that can make you sick.
- **Don't** drink from wet containers or cans. The water on the outside may enter your body.
- **Don't** drink fruit juice unless it comes in a sealed can or bottle.

**Food**
- **Don't** eat food from street vendors or market stalls.
- **Don't** eat leafy or uncooked vegetables or salads.
- **Don't** eat raw or under-cooked meat, seafood or fish.
- **Don't** eat unpasteurized cheese, yogurt, ice cream, milk or other dairy products.
- **Don't** eat cold sauces including mayonnaise, salad dressings, chutneys or salsas, which are usually made by hand and include raw ingredients.
- **Don't** eat buffet foods, including lasagna, casseroles or quiches unless you are sure they are fresh. Avoid buffets without food covers.
- **Don’t** eat creamy desserts, custards or sauces that may not have been kept cold enough to hinder bacteria growth.

**Location**

The Travel Clinic is located on the first floor of the Center for Health & Well-Being, which is at the corner of Devine and Bull streets directly behind the Russell House and across from the Bull Street Parking Garage.

The street address is 1401 Devine St., Columbia, SC 29208. Parking is available in the garage for a fee.

**Student Health Services**

**Contact Us**

Allergy, Immunization & Travel Clinic

Phone: 803-777-9511 or 803-777-1448  
Fax: 803-777-3960 or 803-777-3955  
Email: immunize@sc.edu  
Website: sa.sc.edu/shs/travel
Travel Clinic Services

The Center for Health & Well-Being Travel Clinic offers consultation services to students, faculty and staff anticipating travel abroad.

In addition to offering a full range of vaccines and immunizations recommended or required to enter countries worldwide, the Travel Clinic offers full consultations to help travelers stay healthy, safe and secure while traveling.

Appointments

Travel Clinic appointments should be scheduled at least EIGHT WEEKS prior to the date of anticipated travel to insure that vaccines are administered in a timely manner.

Appointments times vary, depending upon appointment type, numbers of vaccines required and number of countries the traveler plans to visit. Please allow at least one hour for your visit.

The travel consultation visit may require an additional appointment with a healthcare provider in the Center for Health & Well-Being if a prescription for malaria pills is required or requested. This additional appointment is included in the Travel Clinic appointment fee.

To make an appointment
Call 803-777-9511 or 803-777-1448 to schedule a Travel Clinic consultation or schedule immunizations.

What to bring to the appointment
Travelers should bring a complete, up-to-date copy of their immunization record if it is not on file at the Center for Health & Well-Being.

Travelers need to complete the required online Travel Questionnaire, located at the Student Health Services website at sa.sc.edu/shs/gmc/travel, print the form and bring it to the travel consultation.

Hours

Travel Clinic appointments are available throughout the year as follows:

Fall & spring semesters
Monday - Friday 8 a.m.-3:30 p.m.

Maymester, summer and other breaks
Monday - Friday 8:30 a.m.-3 p.m.

Fees

There are costs associated with Travel Clinic visits. Fees vary depending upon the comprehensive consultation and number of vaccinations required.

Travelers can call the Student Health Services Financial Services office at 803-777-3174 to discuss fees and individual insurance coverage.

Questions?

For questions about the Travel Clinic or any immunization services, call 803-777-1448, 803-777-9511 or email immunize@sc.edu. The office fax number is 803-777-3955 or 803-777-3960.

Details about all services are online at sa.sc.edu/shs/gm/imm.