

THE >TOP THREE RISKS< WHEN TRAVELING OVERSEAS

AND HOW TO AVOID (OR OVERCOME) THEM
AND GUARANTEE A GREAT TRIP

~~LIFE VEST IS UNDER YOUR SEAT~~
FASTEN SEAT BELT WHILE SEATED

GILET DE SAUETAGE SOUS VOTRE SIEGE
ATTACHEZ VOTRE CEINTURE LORSQUE VOUS ETES ASSIS

SCHWIMMWESTE UNTER IHREM SITZ
BITE SICHERHEITSGURTE ANLEGEN

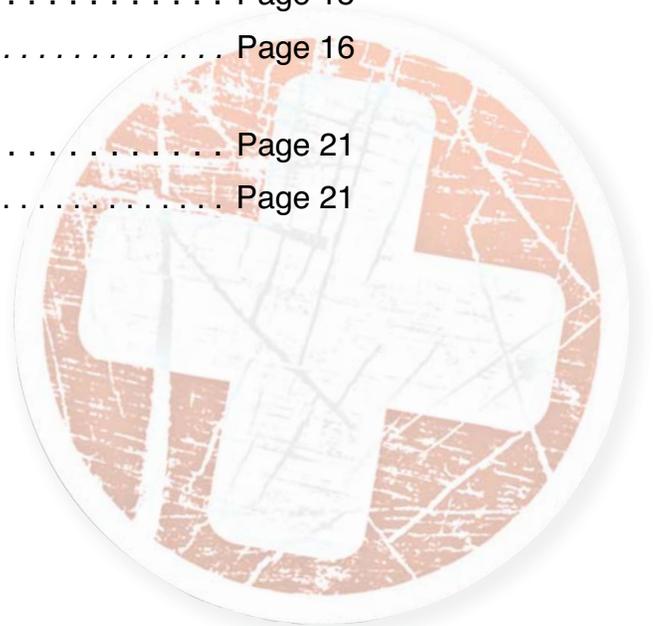


From the travel insurance experts at Good Neighbor Insurance

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PROLOGUE

There's few things travelers hate more than being cheated overseas, standing in long lines just to take your shoes off for the TSA, or being lost, unable to speak the language, and then attacked while trying to get back to the hotel.

Yet the risk of being physically harmed, either by kidnapping or mugging is statistically insignificant in comparison to the BIG THREE: ***The three biggest risks to life, health and happiness when you travel overseas.***

WHY THIS GUIDE

There are risks and then there are risks. If you are going to work in rural Sudan or the Congo you might need to know about the ebola virus (hemorrhagic fever), but every traveler going overseas needs to have a plan to avoid getting diarrhea, avoid getting hit by a car, and avoid doing something that will cause you to wake up lying in a gutter or in a hospital bed.

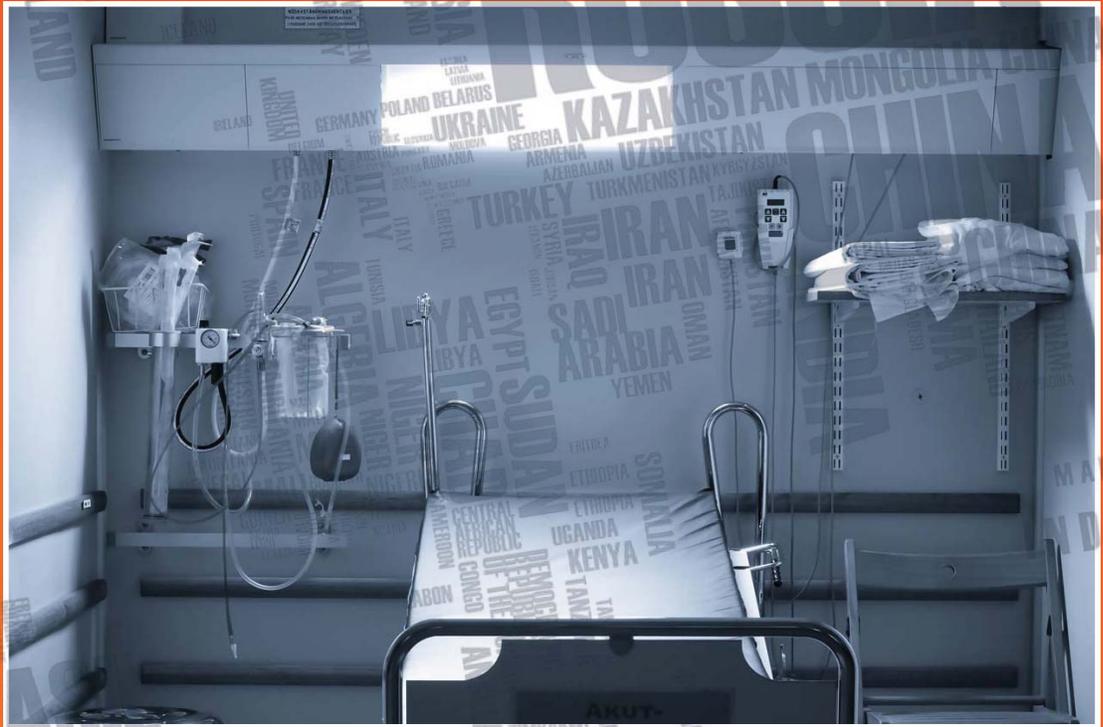
Getting sick while overseas easily tops most experienced travelers idea of what constitutes a bad trip.

When you only have a few days or weeks, being sick half of that time is a big problem. It becomes more frightening when you have to be traveling while sick or at the mercy of a foreign healthcare system with low standards of hygiene and reused needles.

Suddenly that excursion to the elephant refuge doesn't seem like such a brilliant idea after a pachyderm steps on your foot and you need reconstructive surgery!

Yet more people than ever are traveling the globe on vacation, or on business seeking cheaper manufacturing or development. Some are flying overseas at their own expense to help alleviate poverty or help in an orphanage. There are also organizations who send workers to help with refugees or resettlement or on medical missions.

Unfortunately, we seem to view the world as a movie set with only happy endings, and are grossly unprepared for the 'real world' as it is. This book was written to help protect those who travel for love or profit, whether going overseas for a honeymoon or to grow a family through international adoption.



The purpose of this book is to help you to avoid and overcome risks by using specific strategies, a little preparation, and some common sense. While a few of the concepts offered below are obvious, others may be new and just may save your life.

SO LET'S DIVE IN!





Why not Imodium? Well, you can take that too. The difference being that Imodium will deal with your symptoms, but will not kill the bug where Pepto-Bismol will and does.

An instant powdered Gatorade packet or two might come in handy as well. Mixed together, the Pepto Bismol might allow you time to keep the Gatorade and Imodium down long enough to work!

4. See a doctor. He/She may direct you to the local stall in the marketplace to get some over-the-counter ciprofloxacin for the eColi or whatever is growing inside of you, but it helps to consult a professional! Especially if you've had it for three days or more. Of course, you must decide if you trust the booth/pharmacy. (Some people inherently distrust local pharmacy stalls and medicine believing either the dosages aren't as strong or that they may mix up which medicine they give you altogether.) Traveler beware! Use your own best judgement.

Blood or mucus mixed with diarrhea, as well as high fever, can signal a more serious cause, such as cholera. If you see blood, SEE A DOCTOR AS SOON AS POSSIBLE.

5. Drink lots of fluids. Given everything I just said, this may not be so easy. So here's a plan: Get yourself established when you've arrived at your destination. Spy out a bottled water source and stock up. You may also consider taking a sealed water bottle or two, water purification tablets or iodine, or a backpacker's water pump. Water filtration pumps are effective. Note when purchasing what they are

rated to filter for and what they exclude. You want something that can remove/destroy Giardia and other bacteria. Water purification tablets have also come a long way and are not as bad as the iodine they had 20 years ago to purify dirty water. You can find them at sporting goods stores or WalMart. They work great when you have no other choice.

Some friends swear by having larger two-liter sealed bottles of water they keep in their room and a bottle they sterilize, refill, and carry with them when out exploring.

6. Swimming pools overseas: Sorry, but before you take a dip at that beautiful resort, consider this: If the water surrounding the resort is not drinkable, most likely the pool water is unswimmable as well. Go to the beach instead. Be wary around streams and rivers as well, especially if you are near the Ganga (Ganges River) in India - One of the five most polluted rivers in the entire world. Wash away your sins at your own risk, or your body might be the next one floating downstream.
7. Butt-creme: Sorry, I know this is a sensitive subject, but you might consider taking a tube of crème with zinc oxide like *Boudreaux's Butt Paste*, especially if you are doing a lot of trekking/walking/work overseas. Just saying. Especially if you have to run to catch the train to Nizhny Novgorod. [A few more helpful ideas can be found at WebMD.](#)

Available at WalMart, Of course you could try making your own [here](#).

8. Finally, Take lots of TP (toilet paper for the uninitiated) if you are not assured of a local supply. Sure, it's embarrassing opening your luggage at customs and displaying your "*I'm-better-and-more-sensitive-than-you-are*" attitude for all to see. But consider the alternative to facing all those dirty looks. Some "Travel-lite" experts and all-around tough guys have found out that the local TP variants are pretty rough as well and have gotten their butts 'you-know-what.'

Don't hate me for saying it. I'm just the messenger.

GETTING HIT BY A CAR >>

WHEREVER

YOU ARE, WE ARE. LOOKING AFTER YOU.



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