

# nea *Member Benefits*



## **Travel Safety Guide**

*Stay Safe In The Air and On The Road*



## Travel Safety Guide

### Summary

Traveling safely within and outside of the United States requires that you be aware of the rules of the road and the sky. Here are some helpful tips from reliable sources to make sure you mitigate risk and maximize fun.

As an educator, you look forward all year long to your vacation. Whether you start making your travel plans months in advance, or make a decision at the last minute, there is important information that you should know before you go. Doing your homework beforehand lets you get the most out of your trip. This guide will help you to travel safely, with information from reliable sources so that you can travel with more confidence and less worry.

### Air Travel: Navigating Security

The terrorist attacks of September 11, 2001, have radically changed the way we travel by airplane. Enhanced security measures have been introduced throughout the airport environment—more rigorous identity verification, deploying more trained security officers, and screening by observation techniques, among other measures.

#### What You May Bring With You in Your Carry-On and Checked Luggage

According to the [Transportation Security Administration](#) (TSA), air travelers may carry small amounts of liquids, gels and aerosols in their carry-on bag when going through security checkpoints.

With certain exceptions (see below), follow the 3-1-1 rule for all liquids, gels and aerosols you want to carry through a security checkpoint.

**3-1-1 for Carry-Ons**  
Play Your Part →

- 3** 3 ounce or smaller containers of liquid or gel  
More than 3 ounces permitted in checked baggage  
Container size is a security measure
- 1** 1 quart-size, clear plastic, zip-top bag holding 3 ounce or smaller containers  
Bag limits total volume per person
- 1** 1 bag per traveler placed in the security bin  
Isolating liquids speeds screening

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1. All liquids, gels and aerosols must be in three-ounce or smaller containers. Larger containers that are half-full or toothpaste tubes rolled up are not allowed.
2. All liquids, gels and aerosols must be placed in a single, quart-size, zip-top, clear plastic bag. Gallon size bags or bags that are not zip-top such as fold-over sandwich bags are not allowed. Only one bag allowed per traveler.
3. Each traveler must remove their quart-sized plastic, zip-top bag from their carry-on and place it in a bin or on the conveyor belt for X-ray screening. X-raying separately allows TSA security officers to more easily examine the declared items.

If you have liquids, gels and aerosols in containers that are larger than 3 ounces, place them in your checked luggage.

The following liquids, gels and aerosols are permitted through the security checkpoint in excess of 3 ounces, and in reasonable quantities for the duration of your itinerary:

- Baby formula, breast milk, and juice if a baby or small child is traveling
- All prescription and over-the-counter medications including KY jelly, eye drops and saline solution
- Liquids including water, juice, or liquid nutrition or gels for passengers with a disability or medical condition
- Life-support and life-sustaining liquids such as bone marrow, blood products and transplant organs
- Items used to augment the body for medical or cosmetic reasons such as prosthetic breasts and bras or shells containing gels, saline solution or other liquids
- Frozen gels/liquids are permitted **ONLY** if required to cool medical and infant/child exemptions

All exceptions must be presented to the security officer in front of the checkpoint, and you will need to perform the following:

- Separate these items from the liquids, gels and aerosols in your quart-size, zip-top bag.
- Declare you have the items to the Security Officers at the security checkpoint.
- Present these items for additional inspection once reaching the X-ray. These items are subject to additional screening.

Any liquid, gel or aerosol purchased in the secure area after you pass through a security checkpoint is allowed aboard your plane.

The following are permitted and prohibited items. No explosive materials are allowed on board airplanes.

**NOTE: Any sharp objects in checked baggage should be sheathed or securely wrapped to prevent injury to baggage handlers and inspectors.**

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### Sharp Objects

Item	Carry-On	Checked
Box Cutters	No	Yes
Ice Axes/Ice Picks	No	Yes
Knives (except for plastic or round bladed butter knives)	No	Yes
Meat Cleavers	No	Yes
Razor-Type Blades (box cutters, utility knives, razor blades not in a cartridge EXCLUDING safety razors)	No	Yes
Sabers	No	Yes
Scissors (metal with pointed tips and blades shorter than four inches ONLY, anything larger must be checked)	Yes	Yes
Swords	No	Yes

### Sporting Goods

Item	Carry-On	Checked
Baseball Bats	No	Yes
Bows and Arrows	No	Yes
Cricket Bats	No	Yes
Golf Clubs	No	Yes
Hockey Sticks	No	Yes
Lacrosse Sticks	No	Yes
Pool Cues	No	Yes
Ski Poles	No	Yes
Spear Guns	No	Yes

For more information see TSA's Traveling with Special Items section.

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### Guns & Firearms

Item	Carry-On	Checked
Ammunition: Check with your airline or travel agent to see if ammunition is permitted in checked baggage on the airline you are flying. If ammunition is permitted, it must be declared to the airline at check-in and must be securely packed in fiber, wood or metal boxes, or other packaging specifically designed to carry small amounts of ammunition. Ask about limitations or fees, if any, that apply. For more information see TSA's <a href="#">Firearms &amp; Ammunition section</a> .	No	Check with your airline
Compressed Air Guns: Note that compressed gas cylinders are allowed ONLY if the regulator valve is completely disconnected from the cylinder and the cylinder is no longer sealed (i.e., the cylinder has an open end). The cylinder must have an opening to allow for a visual inspection inside.	No	Yes
Firearms: MUST be unloaded, packed in a locked hard-sided container, and declared to the airline at check-in; for more information see TSA's <a href="#">Firearms &amp; Ammunition section</a> .	No	Yes
Flare Guns: MUST be unloaded, packed in a locked hard-sided container, and declared to the airline at check-in.	No	Yes
Flares	No	No
Gun Lighters	No	Yes
Gun Powder including black powder and percussion caps	No	No
Parts of Guns and Firearms	No	Yes
Pellet Guns	No	Yes
Realistic Replicas of Firearms	No	Yes
Starter Pistols	No	Yes
<b>NOTE:</b> Check with your airline or travel agent to see if firearms are permitted in checked baggage on the airline you are flying. Ask about limitations or fees, if any, that apply.		

### Tools

Item	Carry-On	Checked
Axes and Hatchets	No	Yes
Cattle Prods	No	Yes
Crowbars	No	Yes
Hammers	No	Yes
Drills and drill bits (including cordless portable power drills)	No	Yes
Saws (including cordless portable power saws)	No	Yes
Tools (greater than seven inches in length)	No	Yes
Tools (seven inches or less in length)	Yes	Yes
Screwdrivers (seven inches or less in length)	Yes	Yes
Wrenches and Pliers (seven inches or less in length)	Yes	Yes

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### Martial Arts & Self Defense Items

Item	Carry-On	Checked
Billy Clubs	No	Yes
Black Jacks	No	Yes
Brass Knuckles	No	Yes
Kubatons	No	Yes
Mace/Pepper Spray: One 118 ml or 4 Fl. oz. container of mace or pepper spray is permitted in checked baggage provided it is equipped with a safety mechanism to prevent accidental discharge. For more information visit <a href="http://www.faa.gov">www.faa.gov</a> , click on Passengers, then Preparing to Fly.	No	Yes
Martial Arts Weapons	No	Yes
Night Sticks	No	Yes
Nunchakus	No	Yes
Stun Guns/Shocking Devices	No	Yes
Throwing Stars	No	Yes

### Flammable Materials, Disabling Chemicals & Other Dangerous Items

	Carry-On	Checked
<b>FLAMMABLE ITEMS</b>		
Aerosol (except for personal care or toiletries in limited quantities)	No	No
Fuels (including cooking fuels and any flammable liquid fuel)	No	No
Gasoline	No	No
Gas Torches	No	No
Lighter Fluid	No	No
Common Lighters: Lighters in your carry-on luggage do not need to be separated in to a zip-top plastic bag containing liquids. Lighters without fuel are permitted in checked baggage. Lighters with fuel are prohibited in checked baggage, unless they adhere to the Department of Transportation (DOT) exemption, which allows up to two fueled lighters if properly enclosed in a DOT approved case. If you are uncertain as to whether your lighter is prohibited, leave it at home.	Yes	No
Torch Lighters	No	No
Strike-anywhere Matches - <b>One</b> book of safety (non-strike anywhere) matches are permitted as carry-on items, but all matches are prohibited in checked baggage.	No	No
Realistic Replicas of Incendiaries	No	No

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	Carry-On	Checked
<b>DISABLING CHEMICALS &amp; OTHER DANGEROUS ITEMS</b>		
Small compressed gas cartridges (up to 2 in life vests and 2 spares)	Yes	Yes
Fire extinguishers and other compressed gas cylinders	No	No
Liquid Bleach	No	No
<b>NOTE:</b> There are other hazardous materials that are regulated by the FAA. This information is summarized at <a href="http://www.faa.gov">www.faa.gov</a> .		

## Other Items

Item	Carry-On	Checked
Gel-type candles	No	Yes
Gel shoe inserts - Gel shoe inserts are not permitted, but shoes constructed with gel heels are allowed and must be removed and screened.	No	Yes
Non-flammable liquid, gel or aerosol paint	Yes 3 oz. or smaller container	Yes
Flammable liquid, gel or aerosol paint	No	No
Snow globes and like decorations regardless of size or amount of liquid inside, even with documentation	No	Yes

Steering clear of prohibited items in your carry-on isn't the only way you can help speed up your travel and further ensure your safety. The following are steps you can take to make sure you move through the security line quickly and efficiently:



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- Head coverings and religious garments are permitted during the screening process. You may be directed to additional screening if your headwear or clothing (religious or otherwise) is loose fitting or large enough to hide prohibited items.
- Travelers are required to remove their shoes before entering the walk-through metal detector at all U.S. airports and put them through the X-ray machine for inspection.

### Keep Documentation Accessible

You will need to present your boarding pass and government-issued photo ID to a transportation security officer at the checkpoint. Keep these two items available until exiting the security checkpoint. Children are not required to show identification.

If you do not have identification (it was lost, stolen, etc.), you will be required to provide the security officer with some information to help verify your identity. This will result in additional screening and perhaps a protracted delay.

### Hassle-Free Security Tips

- Most airlines recommend arriving 1 1/2 hours prior to departure for domestic flights and 3 hours prior to departure for international flights, but recommendations vary so check with your carrier. Remember to give yourself adequate time to check your baggage and move through security.
- Wear slip-on shoes. This will allow you to take them off and put them back on quickly.
- Take off jackets, sweaters and other outer layers and send them through the X-ray machine.
- Remove all animals from their carrying cases and send the case through the X-ray machine. Hold your pet in your arms and proceed through the metal detector.
- Take infants and children out of baby carriers and strollers and take them through the metal detector with you. Strollers and baby carriers go through the X-ray machine with your bags. If possible, collapse your stroller before you get to the metal detector.
- Think before you speak. Belligerent behavior, inappropriate jokes and threats will not be tolerated. They will result in delays and possibly missing your flight. Local law enforcement may be called.

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### Traveling Abroad

The United States State Department ([http://travel.state.gov/travel/travel\\_1744.html](http://travel.state.gov/travel/travel_1744.html)) says the odds are in your favor for a safe and incident-free trip when you travel abroad. Travelers are, however, sometimes victimized by crime and violence, or experience unexpected difficulties.

The State Department has prepared the following travel tips to help you avoid serious difficulties during your overseas travel.

#### Before You Go

Safety begins when you pack. To avoid becoming a target, do not dress like an affluent tourist. Expensive-looking jewelry, for instance, can draw the wrong attention.

Always try to travel light. You can move more quickly and will be more likely to have a free hand. You will also be less tired and less likely to set your luggage down, leaving it unattended.

Carry the minimum number of valuables. Your passport, cash and credit cards are most secure when locked in a hotel safe. When you have to carry them on your person, the safest place is in a pouch or money belt worn under your clothing.

If you wear glasses, pack an extra pair. Bring them and any medicines you need in your carry-on luggage. To avoid problems when passing through customs, keep medicines in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate of that country before you travel.

If visiting a country where credit cards and ATM machines are common, bring one or two major credit cards instead of cash. Pack an extra set of passport photos along with a photocopy of your passport's information page to make replacement easier in the event of loss or theft. Put your name, address and telephone numbers inside and outside of each piece of luggage. Use covered luggage tags to avoid casual observation of your identity or nationality. If possible, lock your luggage with TSA-approved locks.

Consider getting a telephone calling card. If you already have one, verify that you can use it from your overseas location(s). Access numbers to U.S. operators are published in many international newspapers. Find out your access number before you go.

Do not pack valuable or essential items in your luggage. Laptops, jewelry, prescription medicine, cash and credit cards, identification and similar items should be taken with you in your carry-on.

#### What to Leave Behind

Don't bring anything you would hate to lose. Leave at home:

- Valuable or expensive-looking jewelry
- Irreplaceable possessions
- All unnecessary credit cards
- Your Social Security card, library card, and similar items you may routinely carry in your wallet
- Leave a copy of your itinerary with family or friends at home in case they need to contact you in an emergency

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Make two photocopies of your passport identification page, airline tickets, driver's license and the credit cards that you plan to bring with you. Leave one set with family or friends at home; pack the other in a place separate from where you carry the originals.

### What to Learn About Before You Go

#### Security

The Department of State issues Country Specific Information for every country of the world. They provide addresses and emergency telephone numbers for U.S. embassies and consulates, and describe entry requirements, currency regulations, unusual health conditions, and other important information. Check the countries you are thinking of visiting to make an informed decision.

For some countries, the Department of State issues a Travel Warning. The Travel Warning may recommend that Americans defer travel to that country because of a dangerous situation there.

The Department of State also issues Travel Alerts for relatively short-term conditions posing significant risk to the security of American travelers. Travel Alerts have been issued to deal with coups, pre-election disturbances, violence by terrorists and anniversary dates of specific terrorist events.

Access Country Specific Information, Travel Warnings and Travel Alerts at any of the regional passport agencies and U.S. embassies and consulates abroad, 24-hours a day at <http://travel.state.gov>, or by calling Overseas Citizens Services at 1-888-407-4747 or 1-202-501-4444 (8:00 am-8:00 pm Eastern Time, Monday-Friday except U.S. federal holidays).

#### Local laws and customs

When you leave the United States, you are subject to the laws of the country you are visiting. Therefore, before you go, learn as much as you can about the local laws and customs of the places you plan to visit. Good resources are your library, your travel agent, the social studies or geography teacher at your school, and the embassies, consulates or tourist bureaus of the countries you will visit. In addition, keep track of what is being reported in the media about recent developments in those countries. If you know about the cultural sensitivities of the country you visit, you are less likely to cause offense that could lead to serious consequences.

#### Hotels and airlines

As much as possible, plan to stay in larger hotels that have more elaborate security. Safety experts recommend booking a room from the second to seventh floors above ground level—high enough to deter easy entry from outside, but low enough for fire equipment to reach. When there is a choice of airport or airline, ask your travel agent about comparative safety records.

#### Legal documents

Have your affairs in order at home. Leave a current will, insurance documents, and power of attorney with your family or a friend. If you have minor children, consider making guardianship arrangements for them.

#### Register your travel

It is a good idea to register your travel with the State Department so that you may be contacted if need be, whether because of a family emergency in the U.S. or a crisis in the area in which you are traveling. Travel registration is a free service provided by the State Department, and is easily accomplished online at <https://travelregistration.state.gov>.

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### Credit cards

Make a note of the credit limit on each credit card that you bring, and avoid charging over that limit while traveling. Americans have been arrested for innocently exceeding their credit limit. Ask your credit card company how to report the loss of your card from abroad. Toll-free numbers do not work from abroad, but your company should have a number that you can call while you are overseas. Inform your credit card company which countries you will be visiting, as some companies will freeze your account if they see unusual activity, such as card use outside of the U.S.

### Insurance

Find out if your personal property insurance covers you for loss or theft abroad and whether your health insurance covers you abroad. Medicare and Medicaid do not provide payment for medical care outside the United States. Even if your health insurance will reimburse you for medical care received abroad, health insurance usually does not pay for emergency medical evacuation. Consider purchasing a policy designed for travelers, covering short-term health and emergency assistance, as well as medical evacuation. Additional coverage can be taken out to cover trip cancellation and interruption.

## Precautions to Take While Traveling

### 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. As a school employee you are likely to be traveling at peak tourist season, when those who prey on tourists are most active.

- 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
- distract you by creating a disturbance

Beware of groups of vagrant children who create a distraction while picking your pocket.

When walking around:

- Wear the shoulder strap of your bag across your chest, placed away from the curb to avoid drive-by purse-snatchers.
- 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.
- Learn a few phrases in the local language or have them handy in written form so that you can signal your need for police or medical help.
- Make a note of emergency telephone numbers you may need: police, fire, your hotel and the nearest U.S. embassy or consulate.
- If you are confronted, don't fight back—give up your valuables.

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### Safety in your hotel

- Keep your hotel door locked at all times. Meet visitors in the lobby.
- Do not leave money and other valuables in your hotel room while you are out. Use the hotel safe.
- If you are out late at night, let someone know when you expect to return.
- If you are alone, do not get on an elevator if there is a suspicious-looking person inside.
- Read the fire safety instructions in your hotel room. Know how to report a fire, and be sure you know where the nearest fire exits and alternate exits are located. (Count the doors between your room and the nearest exit; this could be a lifesaver if you have to crawl through a smoke-filled corridor.)

### Safety on public transportation

- Only take taxis clearly identified with official markings.
- Well-organized, systematic robbery of passengers on trains along popular tourist routes is a problem. It is more common at night and especially on overnight trains.
  - If you see your way being blocked by a stranger and another person is very close behind you, move away. This can happen in the corridor of the train or on the platform or station.
  - Do not accept food or drink from strangers. Criminals have been known to drug food or drink offered to passengers. Criminals may also spray sleeping gas in train compartments. Where possible, lock your compartment. If it cannot be locked securely, take turns sleeping in shifts with your traveling companions. If that is not possible, stay awake. If you must sleep unprotected, tie down your luggage and secure your valuables to the extent possible.
  - Do not be afraid to alert authorities if you feel threatened in any way. Extra police are often assigned to ride trains on routes where crime is a serious problem.
- The same type of criminal activity found on trains can be found on public buses on popular tourist routes. For example, tourists have been robbed while sleeping on buses or in bus stations. In some countries, whole buses have been held up and robbed by gangs of bandits.

### Safety when you drive

When you rent a car, choose a type that is common locally. Where possible, ask that markings that identify it as a rental car be removed. Make certain it is in good repair. If available, choose a car with universal door locks and power windows. Air conditioning is also a safety feature, allowing you to drive with windows closed. Thieves can and do snatch purses through open windows of moving cars.

- Keep car doors locked at all times. Wear seat belts.
- As much as possible, avoid driving at night.
- Don't leave valuables in the car. If you must carry things with you, keep them out of sight locked in the trunk and take them with you when you leave the car.
- Don't park your car on the street overnight. If the hotel or municipality does not have a parking garage or other secure area, select a well-lit area.
- Never pick up hitchhikers.
- Don't get out of the car if there are suspicious looking individuals nearby. Drive away.

### Patterns of crime against motorists

In many places frequented by tourists, victimization of motorists has been refined to an art. You should ask your rental car agency for advice on avoiding robbery while visiting tourist destinations

Be suspicious of anyone who hails you or tries to get your attention when you are in or near your car.

Criminals use ingenious ploys. They may pose as good Samaritans, offering help for tires that they claim are flat or that they have made flat. Or they may flag down a motorist, ask for assistance, and then steal the rescuer's luggage or car. Usually they work in groups, one person carrying on the pretense while the others rob you.

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### How to Handle Money Safely

- To avoid carrying large amounts of cash, pay by credit cards whenever possible. Make sure your credit card is returned to you after each transaction.
- Do not flash large amounts of money when paying a bill.
- Deal only with authorized agents when you exchange money, buy airline tickets or purchase souvenirs. Do not change money on the black market.

### Report loss or theft immediately

If your possessions are lost or stolen, report the loss immediately to the local police. Keep a copy of the police report for insurance claims and as an explanation of your plight. After reporting missing items to the police, report the loss or theft of:

- travelers' checks to the nearest agent of the issuing company
- credit cards to the issuing company
- airline tickets to the airline or travel agent
- passport to the nearest U.S. embassy or consulate

### How to Avoid Legal Difficulties

When you are in a foreign country, you are subject to its laws and are under its jurisdiction. You can be arrested overseas for actions that may be either legal or considered minor infractions in the United States. Familiarize yourself with legal expectations in the countries you will visit. Check Country Specific Information for unusual patterns of arrests in particular countries.

### Drug violations

More than 1/3 of U.S. citizens incarcerated abroad are held on drug charges. Some countries do not distinguish between possession and trafficking, and many have mandatory sentences, even for possession of a small amount of marijuana. A number of Americans have been arrested for possessing prescription drugs, particularly tranquilizers and amphetamines, that were purchased legally elsewhere. Other U.S. citizens have been arrested for purchasing prescription drugs abroad in quantities that local authorities suspected were for commercial use. If in doubt about foreign drug laws, ask local authorities or the nearest U.S. embassy or consulate.

### Possession of firearms

U.S. citizens most often experience difficulties for illegal possession of firearms in nearby Mexico, Canada and the Caribbean. Sentences for possession of firearms in Mexico can be up to 30 years and border inspections can be rigorous. In general, firearms, even those legally registered in the U.S., cannot be brought into a country unless a permit is obtained in advance from the embassy or a consulate of that country and the firearm is registered with foreign authorities on arrival. (Note: There are also strict rules about bringing firearms or ammunition into the U.S; check with U.S. Customs at [http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/prohibited\\_restricted.xml](http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/prohibited_restricted.xml).)

### Photography

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

### Purchasing antiques

Americans have been arrested for purchasing souvenirs that were, or looked like, antiques. This is especially true in Turkey, Egypt and Mexico. Familiarize yourself with any local regulations of antiques. In countries with strict control of antiques, document your purchases as reproductions, or if they are authentic, secure the necessary export permit (often from the national museum). It is a good idea to inquire about exporting these items before you purchase them.

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### **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.

Though the chances that you would be the victim of terrorism are slight, the following pointers may help you avoid becoming a target of opportunity. They should be considered as adjuncts to the tips listed above on how to protect yourself against being a victim of crime.

- Schedule direct flights if possible and avoid stops in high-risk airports or areas.
- Be cautious about what you discuss with strangers or what others may overhear.
- Try to minimize the time spent in the public area of an airport, which is a less protected area. Move quickly from the check-in counter to the secured areas. Upon arrival, leave the airport as soon as possible.
- As much as possible, avoid luggage tags, dress and behavior that may identify you as an American.
- Keep an eye out for abandoned packages, briefcases, or other suspicious items. Report them to airport authorities and leave the area promptly.
- Avoid obvious terrorist targets such as places where Americans and Westerners are known to congregate.
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If you plan to travel to a high-risk country, please refer to the Department of State's advice for travel to high-risk areas. (insert link to [http://travel.state.gov/travel/tips/safety/safety\\_1747.html](http://travel.state.gov/travel/tips/safety/safety_1747.html) )

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### Assistance Abroad

If you are ill or injured, contact the nearest U.S. embassy or consulate for a list of local physicians and medical facilities. Consular officers can also help you contact family or friends. If necessary, a consul can assist in the transfer of funds from family or friends in the United States. Payment of hospital and other medical expenses is your responsibility.

Should you find yourself in legal difficulty, contact a consular officer immediately. Consular officers cannot serve as attorneys, give legal advice or get you out of jail. If you are arrested, consular officials will visit you, advise you of your rights under local laws, provide a list of local attorneys who speak English and who may have had experience in representing U.S. citizens, and ensure that you are held under humane conditions and are treated fairly under local law. A consular officer will contact your family or friends if you desire. When necessary, consuls can transfer money from home for you and will try to get relief for you, including food and clothing in countries where this is a problem. If you are detained, remember that under international treaties and customary international law, you have the right to talk to the U.S. consul. If you are denied this right, be politely persistent.

### Resources for U.S. Citizen Crime Victims

If you become the victim of a crime overseas, contact the nearest U.S. embassy, consulate, or consular agency for assistance. Also contact local police to report the incident and obtain immediate help with safety concerns. Consular personnel overseas are familiar with local government agencies and resources in the countries in which they are located, and they can help you:

- replace a stolen passport
- contact family, friends or employers
- obtain appropriate medical care
- address emergency needs that arise as a result of the crime
- obtain general information about the local criminal justice process and information about your case
- obtain information about local resources to assist victims, including foreign crime victim compensation programs
- obtain information about crime victim assistance and compensation programs in the U.S.
- obtain a list of local attorneys who speak English

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## Travel Safety Guide

### On The Road

The National Highway Traffic Safety Administration (<http://www.nhtsa.gov>) is the go-to source for safety regulations on the various aspects of highway and local road travel. Click on the link for a wealth of additional data on road safety.

#### Aggressive Driving

Aggressive driving has become a serious problem on our roadways. NHTSA defines aggressive driving as occurring when "an individual commits a combination of moving traffic offenses so as to endanger other persons or property." NHTSA provides guides, planners and information to law enforcement professionals and prosecutors to assist in the reduction of aggressive driving.

#### Child Passenger Safety

Motor vehicle crashes are the leading cause of death among children ages 2 to 14, due in large part to the nonuse or improper use of child seats and seat belts. From birth to one year old or 20 pounds, use a rear-facing car seat in the back seat. Up to 4 years old and 40 pounds, place the child in a forward-facing toddler seat in the back seat. From 4 until the child grows to 4' 9" use a booster seat in the back seat. Children taller than 4' 9" up until 12 years old should ride in the back seat with a seat belt.

#### Drowsy & Distracted Driving

Nearly 80 percent of crashes and 65 percent of near-crashes involved some form of driver inattention within three seconds before the event. Primary causes of driver inattention are distracting activities, such as cell phone use, and drowsiness. If going on a long trip, make sure to get a good night's rest the night before. Do not try to drive through the night. Upon onset of drowsiness, immediately find a place to sleep. Coffee is not an acceptable alternative to sleep. The most common distraction for drivers is the use of cell phones. Dialing is more dangerous but occurs less often than talking or listening. Reaching for a moving object increases the risk of a crash or near-crash by 9 times; looking at an external object by 3.7 times; reading by 3 times; applying makeup by 3 times; dialing a hand-held device (typically a cell phone) by almost 3 times; and talking or listening on a hand-held device by 1.3 times.