

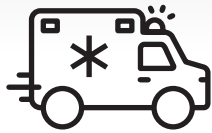
Travel Health staff can connect international travelers to timely healthcare and provide information about travel-related health risks. The Travel Health Provider is available 24/7 by phone, Signal, WhatsApp, and email. See below for information on when and how to contact medical help when traveling outside the U.S.

## MEDICAL EMERGENCY HEALTH NEEDS



**Contact GSOC at + 1 828-278-1000** | **Seek local emergency care first** and contact **GSOC** in a crisis situation.

### Health Emergencies



- Injury or illness that requires an ambulance or emergency room visit
- Loss of consciousness
- Chest pain
- Shortness of breath
- Stroke-like symptoms (e.g., confusion, weakness)

## URGENT HEALTH NEEDS



**Contact Travel Health Provider at + 1 828-616-9393** | **Seek local care first if needed** and contact the **Travel Health Provider**, which is available 24/7 for urgent health needs.

### Symptoms of Serious Illness



- Fever or chills
- Flu-like symptoms
- Vomiting
- Diarrhea
- Body aches

### Injuries Requiring Immediate Attention



- Motor vehicle accident
- Serious injury (e.g., joint dislocation, broken bone, deep cut)
- Animal bite

## NON-URGENT NEEDS OR QUESTIONS



**CMOTravelHealth@samaritan.org** | Monitored seven days a week. Same-day response by close of business for emails received by 2 p.m. Eastern time during regular business hours (Monday-Friday, 8 a.m.-4:30 p.m. ET). Following day response for emails received outside of regular business hours.



### Questions

- Travel Health System general information
- Upcoming travel location health risks and mitigation strategies



### Symptoms of Mild Illness

- Cough
- Sore Throat
- Fatigue



### Minor Injuries

- Minor cut or abrasion
- Joint sprain
- Bruising