



# Medical Reminders

This form for: • SINGERS • PIANISTS • ORCHESTRA • FACULTY/STAFF • VISITORS

Print this page for your reference.

**Read this page before you sign the *Medical Information Statement and Authorization for Emergency Care when you are registering.***

**1. Health Precaution.** If you are under treatment for a chronic disease, physical or emotional, please visit your doctor and make certain that it is under control. If it is not under control, consider whether making this trip is wise. If you have a complicated medical condition, please bring a letter from your doctor detailing your condition and treatment. The medical advisor should be given the information and your condition discussed on arrival. AIMS cannot accept participants who are pregnant.

**2. Health Precaution #2.** Travelers are exposed to new people, situations, stresses and strains and may develop colds, coughs, sore throats, headaches, muscle aches, insomnia, digestive problems (indigestion, vomiting, diarrhea, constipation), etc. For conditions to which you are prone, bring medications to treat them. Most doctors will write the prescriptions needed. The AIMS Clinic has common OTC health items such as pain relievers, cough-cold preparations, etc. There is no charge for the services of the AIMS Clinic.

**3. Medical Insurance.** The AIMS medical insurance is an *emergency care* plan for tourists. All AIMS participants are enrolled; visitors may purchase coverage when arranged *in advance but not for less than 1 month*. Coverage is for hospital and doctor visits up to the limits of the policy and 90% of the cost of prescription drugs. Items not covered included are: dental care, braces, crutches, eyewear, ambulance service, unusually expensive medications and treatments. Payment for most services can be made by credit card, but doctor visits require cash. Your U.S. medical insurance policy may cover emergency care when you are traveling but you will have to pay the bill and submit a claim when you return home. Bring your insurance ID card.

**4. Medications. You MUST bring at least a 2-month supply of your prescription medicines** in your carry-on luggage in the original containers as dispensed to you. Also, please bring a list of the *generic names* and dosages of your prescription drugs. A pharmacist in Graz cannot look up U.S. trade names. **Do NOT plan to have medicine (or anything else) sent to you in Europe!** All packages are subject to customs inspection and duty charges. Entry may be denied. Prescription drugs, vitamins, and over-the-counter medicines in their original containers in your carry-on baggage are rarely questioned by customs officers.

**5. Injections.** Bring a supply of your allergy shots, the dosage schedule and written authorization from your doctor for the medical advisor to give the injections.

**6. Tetanus/Diphtheria.** To be up to date, you need an inoculation or booster given within the last 10 years.

**7. ALLERGIES.** The Graz climate and the buildings where you will live may aggravate allergies. Mattresses and pillows are made of natural materials. Cigarette smoke and mold are problems. Some class and practice rooms are in basement areas. These factors are beyond AIMS' control. If you suffer from allergies, bring medications and inhalers, and other items, e.g. plastic sheeting, hypoallergenic pillow, etc.

**8. DIET.** SPECIAL DIETS ARE NOT AVAILABLE THROUGH AIMS. Organic ("Bio") food is 2 to 3 times more expensive in Austria. Although AIMS provides vegetarian items at breakfast and lunch, you will have to supplement your diet and perhaps at considerable expense. Meals in Austria feature chicken, turkey, pork, beef and fish. If you require another diet, all foods are available. Facilities for food storage and preparation in the dormitory are provided.

**9. PERSONAL HYGIENE ITEMS** (Soap, lotion, cosmetics, sanitary supplies, etc.) Anything you may need can be found in the Drogerien shops such as BIPA, Schlecker, Müller and DM.

**10. GENERAL WELL-BEING.** AIMS is a physically and mentally strenuous six weeks. The medical advisor is available to obtain medical care as needed, and advise you on health and first aid measures. If you have specific questions before you travel, contact the AIMS Office.