<table>
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<tr>
<th>Step</th>
<th>Description</th>
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<tr>
<td>✅</td>
<td>Finish the medications that you have started, like malaria prophylaxis or antibiotics.</td>
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<td>✅</td>
<td>Get a PPD test for TB 8-12 weeks after you return if working in an area of high TB prevalence or there is any question about TB exposure. Check with your program director for questions about TB prevalence/exposure, or how to get your free test.</td>
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| ✅ | See your healthcare provider up to a year after you finish traveling if you:  
  - Need to complete your immunizations. If you started a series of Hepatitis or other shots, you must finish them.  
  - Experience severe symptoms such as fever, prolonged cough, weight loss, diarrhea, abdominal pain, bleeding, unusual rashes, etc.  
  - Have known exposures to TB, blood pathogens, GI pathogens, parasites, etc.  
  - Need a prenatal consult.  
  It is **not necessary** to schedule a medical appointment just to check in after you return. |
| ✅ | Notify your program director or mentor if you have experienced any of the following while you were working abroad:  
  - Needle-stick or body fluid exposure  
  - Concern for your physical safety  
  - Concern for your property  
  - Motor vehicle accident  
  - Robbery  
  - Physical or sexual assault  
  - Or other difficult situation |
| ✅ | Use the following available resources if you are experiencing re-entry culture shock.  
  Many students or trainees have trouble adjusting upon return to the United States or have troubling memories about their international experience. There are many resources available:  
  - Reach out to your program director or mentor  
  - Schedule an appointment for a de-briefing consultation or counseling services:  
    - Student Health *(regardless of whether you have Student Health Insurance)*  
      [https://studenthealth.ucsf.edu/healthcare-services/traveler-s-health](https://studenthealth.ucsf.edu/healthcare-services/traveler-s-health)  
    - Faculty-Staff Assistance Program: residents, post-docs, fellows, staff, & faculty  
      [https://hr.ucsf.edu/hr.php?org=c&AT=cm&S=Faculty+and+Staff+Assistance](https://hr.ucsf.edu/hr.php?org=c&AT=cm&S=Faculty+and+Staff+Assistance)  
  - Share your difficult experiences or adjustment with other global health learners and mentors by means of this blog: Need a blog link, perhaps from the CLE page.  
  - Read the following resources on reverse culture shock:  
    - [http://www.state.gov/m/fsi/tc/c56075.htm](http://www.state.gov/m/fsi/tc/c56075.htm)  
<p>| ✅ | Submit reimbursement expenses if required by your funding source. |
| ✅ | Submit any required evaluations or Trip Reports for your program. |</p>
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<tr>
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<th>Send a thank you letter to your host site, your advisor, and anyone who helped fund your trip. Include a photo and a description of your experience.</th>
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<td>Take action to disseminate your work both within the US and within the communities where you worked abroad. This is an ethical responsibility.</td>
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