



General Hygiene and Cleanliness

- Tap water is not safe to drink, but bottled water is readily available. Large purified water dispensers are provided in your apartment and throughout New Day.
- Some foreigners choose to be especially careful and even use bottled water when brushing their teeth. Others are quite comfortable using tap water. This is up to your own discretion.
- Wash and rinse all fresh produce thoroughly before consuming, preferably with soap or bleach to kill all germs
- Toilet paper is often not provided in public restrooms in China. Plan to bring a small package of tissues with you when sightseeing.
- Hand sanitizer or antibacterial hand wipes are good to carry with you.

Common Health Concerns

Upper Respiratory Problems – Colds, coughs, sniffles, allergic reactions and sore throats are commonly reported. There is a lot of smoke and dust pollution in Beijing and the surrounding areas. Many common medicines and remedies can be obtained once in China, but you would need to either be prepared to pay a very high price for western brands or be comfortable purchasing Chinese medicine in a local pharmacy.

Gastro-intestinal Tract Problems – Diarrhea is commonly reported upon arrival and occasionally throughout one's stay in China. The main associated concern is dehydration, especially for children. Fluid and electrolyte replenishment is important. Bringing some electrolyte drink mix powder is convenient and advisable. Pedialyte, Pocari or Gatorade (listed in order of effectiveness) are recommended. The best care for ordinary diarrhea is to fast for a meal or two, and then eat bland food, including lots of rice, until bowel movements firm up. You may take Pepto-Bismol, but drugs such as Lomotil and Immodium should be reserved for more severe cases. They only stop symptoms without treating the underlying cause. Constipation is also quite common, when first arriving in China. Drinking plenty of water and increasing fiber intake is recommended.

Dental Care – Toothpaste is readily available in China, but it may be difficult to find fluoride or tartar-fighting varieties. It is a good idea to bring dental floss, brushes, and toothpaste with you.

Medical and Personal Supplies

If you are on a regular medication, you will want to pack all prescriptions you will need during your time here. If you have asthma, allergies, or are prone to colds or stomach troubles, plan to pack accordingly. Prescriptions can be purchased in China, if needed. Antibiotics can also be purchased in China without a prescription. However, you will need to plan to pay a premium for western brands or be comfortable purchasing the Chinese alternative in a local pharmacy.

Body lotions sold in China tend to have a whitening agent in them, so it is best to bring lotion from home. Items such as toothpaste, body wash, shampoo and conditioner are readily available, often in western brands (Crest, Olay, Dove, Pantene, etc.).

Below is a list of other personal items you may want to consider packing:

<ul style="list-style-type: none">• band-aids• anti-bacterial ointment• aspirin, Tylenol or ibuprofen• vitamins (C, fiber, iron, etc.)• allergy medicine• Imodium• throat lozenges or cough drops• deodorant• razor blades• shaving cream• tampons• Vaseline (available in Beijing)• hair spray• hand/body lotions• hand sanitizer/Clorox wipes	<ul style="list-style-type: none">• contact lens solution (available here, but only certain brands)• eye drops• mosquito spray/Benadryl cream• sunscreen• aloe• dental floss• tweezers• nail clippers/file• Tums• MiraLax• Q-tips• cotton balls/pads• hair dryer• comb/brush
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Vaccinations

No specific vaccinations are required for entry into China, unless you have been in an epidemic area preceding your entry. Below are some comments on the vaccinations most people consider prior to traveling in China.

Childhood Vaccinations – It is recommended that all travelers, including adults, be protected against diphtheria, tetanus, pertussis, measles, mumps, rubella and polio. These immunizations are normally administered during childhood. Some doctors disagree about ages and intervals to be immunized after childhood, so check with your family physician if you have any questions. Some of these diseases are more prevalent in China, so protection is wise.

Cholera – There is some cholera in China, but we do not recommend the vaccination because it offers protection for only a short period of time and can have significant side effects. Though cholera is serious, it responds quickly to treatment with common antibiotics.

Hepatitis – Due to lower standards of sanitation, there is a greater risk of exposure to hepatitis in China. The risk varies according to location and length of stay. There are several types of hepatitis, including viral A and viral B, and many doctors recommend vaccination for both.

- Viral A – This vaccine requires a series of 2 shots.
- Viral B – This vaccine requires a series of 3 shots, 2nd after 30 days, and 3rd after 6 months. This vaccine is quite expensive. The risk of contracting Hepatitis B is very low, but this is a very serious illness.

Malaria – There is currently no vaccine to prevent malaria, but it is mentioned here because there are some preventative measures that can be taken. Malaria does exist in some parts of China, but the Center for Disease Control considers this to be a low risk for westerners. Mosquitoes, the primary transmitters of malaria, are more of a nuisance at night. If you are concerned about the risk of malaria, you could consider purchasing or bringing a mosquito net for your bed and applying extra bug spray in the evenings. Again, the risk is quite small. Preventative medications are expensive and have some side effects; we generally do not recommend them for China.

Meningitis – This is an infection of the fluid of a person's spinal cord and the fluid that surrounds the brain. People sometimes refer to it as spinal meningitis. Meningitis is usually caused by a viral or bacterial infection. The vaccines for this are safe and highly effective, and we recommend receiving it at least one week prior to travel.

Emergencies

In developed countries, we have relatively straightforward, institutional methods of dealing with life and death situations. However, these matters are far more complex when living abroad. Therefore, it is crucial that you address some unpleasant but fundamental issues with your loved ones before you leave:

- Obtain international health insurance. There are many providers with a variety of plans. Many of the New Day volunteers have chosen Talent Trust (www.talent-trust.com) as their health care provider. International health insurance is very important, no matter the length of time you plan to be in China.
- Give someone power of attorney so they can deal with financial matters in your absence.
- Make a will, including a living will. Families should make it clear who will have custody of their children in the event of the death of both parents. of the work that God is doing at New Day, and that your selfless willingness to do whatever you are asked is greatly appreciated.