

KTH ACCEPTANCE PACKET DOCUMENT 4



KTH 2023 Leadership delegation to Palestine July 27th August 9, 2023

HEALTH GUIDELINES

Know Thy Heritage (KTH) hopes that every qualified applicant will be able to participate in its program, regardless of health issues. Nevertheless, there are some general guidelines for those with health issues that plan to participate in KTH:

1. Delegates must have two COVID-19 vaccines and present a proof upon arrival, if requested by the Authorities.
2. KTH leaders will not regularly administer any medication or treatment for a participant. Therefore, the Delegate must be able to administer any medications, injections, or treatments without leader intervention.
3. KTH delegates and leaders must bring with them enough medication to last the duration of the 2-week program.
4. Any personal medical-alert accessories (bracelets, necklaces, etc.) must be worn at all times by the individual delegates or leaders.
5. KTH leaders and delegates with food allergies must independently inspect all meals for allergens.
6. It is highly recommended to pack a small medical kit of sunscreen as well as your preferred over-the-counter medications for common ailments when travelling. Common conditions can be treated by aspirin, Tylenol, Advil, Pepto Bismol, Imodium, Ben-Gay cream, and Dramamine etc.
7. Check with your medical insurance provider to determine if you have international coverage. If international coverage is included by your carrier, be sure to bring your medical insurance card in case you need it while traveling. If international coverage is not provided, you can generally purchase medical insurance as part of your trip. KTH does not offer travel insurance. The need to purchase travel insurance (including medical coverage) is a decision each leader and delegate should consider seriously.

If you have any questions or comments regarding your medical condition, please contact the KTH office. If you have any personal limitations, disabilities or chronic medical conditions requiring special accommodation, please send us a disclosure **in writing** with as much pertinent information as possible. Any and all medical issues disclosed will be handled with discretion and confidentiality.

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