



## Safety: Local Embassies

The U.S Embassy can be a wide-ranging resource for travelers who are in a difficult situation while traveling outside of the United States. For embassy information for all countries, visit [www.travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html](http://www.travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html). There, you'll find information about, among other topics:

- Country updates
- Entry and exit requirements
- Movement restrictions
- Transportation options
- Fines for noncompliance
- Consular operations
- Embassy and consulate contact information
- Smart Traveler Enrollment Program (STEP), which is recommended to receive security updates

Before traveling, it's important to be familiar with the emergencies abroad recommendations provided by the U.S. Embassy.

### Be Informed

- Learn about the country you're traveling to, including visa requirements, local laws, customs and medical care. Check for any travel advisories about your destination.
- Enroll in STEP to receive important safety and security messages and make it easier for the U.S. to locate and assist you in an emergency.
- Keep the contact details for the nearest U.S. Embassy or consulate with you. The U.S. Embassy is available for emergencies 24 hours a day, seven days a week, overseas and in Washington, D.C., at 888-407-4747 or 202-501-4444.

### Be Prepared

- If you use assistive or medical devices that require a power supply, be sure to find backup power or other ways that will sustain your device or equipment during a power outage.
- Make sure you have health insurance whenever you are traveling abroad. For more information, see the resource on insurance providers for overseas coverage as well as the resource for global health insurance.
- Make sure your passport is ready for use. Most countries require that it be valid for at least six months after the end of your trip and that it have two or more blank pages.

**Commented [MM1]:** Tracy, please link to that breakout document when up on web

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## Be Connected

- Keep a list of your emergency contacts handy and create a communication plan for reaching family and friends in the event of a crisis.
- Phone lines are usually affected during a crisis. Think about other ways to communicate. For example, update your social media status often and send messages as regularly as possible to let friends and family know how you are doing.
- Many of our U.S. embassies and consulates, along with the Bureau of Consular Affairs, use social media, such as Twitter and Facebook, to provide information.
- For more information, visit the Ways to Contact Loved Ones in a Crisis Abroad at [www.travel.state.gov/content/travel/en/international-travel/emergencies/locate-loved-one-abroad.html](http://www.travel.state.gov/content/travel/en/international-travel/emergencies/locate-loved-one-abroad.html).

## Be Safe

- Keep in touch with your tour operators for evacuation instructions. This could include hotel staff; airline and cruise companies; and local officials.
- Contact the nearest U.S. Embassy or consulate, [www.usembassy.gov](http://www.usembassy.gov), if you need emergency help. Keep in mind that this will not alert emergency responders. If you need emergency medical attention or police assistance, contact the local authorities directly, if you can.

If you are concerned about a loved one overseas, call 888-407-4747 from the U.S. and Canada.

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