Health and Safety in the Bahamas

1) Take care of yourselves and your friends while on Commencement Week!! Remember – BE A SPOTTER! Watch out for each other!

2) The Atlantis is a great resort with lots to do – take advantage of the time to relax and enjoy the rest before commencement. We have included great information about things to do in the Bahamas in the senior booklet including healthy activities including: HAVE FUN and use your sunscreen!!

3) If you drink, it is better to set a limit for any alcohol and stick to it. The sun will be hot and dehydrate you and you can be more prone to alcohol toxicity as a result. Try to drink lots of water or non-caffeinated drinks to keep hydrated.

4) Make sure to bring any prescription meds which you need in your carry-on bag with a written prescription. If you have severe food allergies – bring an Epi-Pen and check at restaurants about food ingredients!

5) The Bahamas sun is HOT!! Bring enough sunscreen – minimum SPF 15 – you will still get some color – be careful not to burn – a sunburn is NO Fun.

6) Some students have had insect bites or allergic reactions in the Bahamas – be prepared for this! An over the counter cortisone based cream can be helpful.

7) It is not uncommon for a student to develop colds, sore throats, urinary infections, or sunburns among other minor issues. Although I am a Nurse Practitioner in the U.S., I am not licensed to practice in the Bahamas – so if you have questions or concerns, please contact any of our staff at the hotel if you have major medical concerns. There is a medical clinic on the first floor of the Beach Tower in the hotel. They do not take insurance cards, but do take credit cards. If you go to the Emergency Room at the local hospital – again you need your credit card with a credit limit of at least $1000, as they pre-charge your care and then subtract the amount charged when you are discharged. We have seen good care provided in both the hotel clinic and at Doctor’s Hospital. Again – contact one of the Bentley staff if you have any major issues or are concerned about someone else. When you return to the U.S., you can call your insurance company to find out if they will reimburse you.

Call me or make an appointment to see me at the Center for Health & Wellness if you have any questions or concerns before the trip – 781-891-2606.

I wish you a safe and healthy trip – see you in the Bahamas!!!

Gerri Taylor