

# PKAP Medical Information

Archaeological field work is physically demanding and it is frequently carried out under difficult conditions. Participants in this program must be in excellent health and they must be willing to undergo some physical exertion (e.g., long walks and work in the sun and considerable climbing). This should be possible for anyone in reasonably good health, but in preparation for the program you should get yourself in good physical shape: long walks to break in your new shoes would be excellent. It is also suggested that you have a thorough physical examination and a tetanus booster. No other immunizations are currently needed for Cyprus. Medical care in Cyprus is generally very good, although the "system" (i.e., hospitals and doctors' offices) is very different from our own.

It is, however, absolutely crucial that you inform the Directors about any medical condition or any potential medical problem before you leave for Cyprus, and that you let one of them know immediately if you become ill in Cyprus. The program will have a medical kit ready at all times and this will have basic medical necessities, but it is your responsibility to keep the program informed about the status of your health. Since you might require medical assistance while you are in Cyprus, it is important that we know of any medication that you are taking. Please check with your airlines to learn of their latest restrictions and requirements for carrying medicine with you on your flight. All participants **MUST** have basic health insurance, and you should check with your insurance company to make sure that your coverage is in force while you are in Cyprus. You should also bring with you forms to report a claim. In most cases, however, doctors and hospitals in Cyprus will require payment in cash for any services provided at the time; you will have to pay and receive a reimbursement from your insurance company. The project will be able to help you pay for any medical bills if necessary, but it is up to you to get reimbursement from your insurance company.

There is no reason to assume that you will need medical assistance in Cyprus. Nevertheless, you will probably—almost certainly—get *stomachi*, or "Perikles' revenge." This will be caused by the change in diet (particularly the Cypriot liberal use of olive oil) and it will probably not be serious. You might, however, want to bring Pepto Bismal, Immodium AD, or some similar preparation. The water and the food throughout Cyprus are absolutely safe. We have also found that students commonly get sore throats and a cold during the first two weeks of the program: this may be caused by "new" germs or by living together with new people; in any case, you might want to consider bringing along a broad-spectrum antibiotic for sore throats. Probably more importantly, you should rest and be in good shape when you leave for Cyprus so that your resistance is high.

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**Name (please print)**

**Pyla Kopetria Archaeological Survey  
Medical Information Form**

**Please fill out the following and bring it with you to Cyprus.** You should be honest and confident that any information you provide will be kept in the utmost confidence. You will not be permitted to take part in this program until you have filled out and signed this form.

1. Please list the company name and policy number of your health insurance:
2. Do you have emergency evacuation insurance? (this is highly recommended)
3. In the spaces below please list any physical conditions and any medication which you take. Please provide all details—nothing is too small to note—and all information that will be helpful in protecting your health. All this information will be treated as confidential. Do not hesitate to provide details of a personal or psychological nature.
4. Describe your overall health:

5. Do you anticipate any medical problems in Cyprus?

6. List any medical conditions or problems that you have:

7. List any medications that you take. Be specific and give names of medications and indicate dosages. This could be most important if you were to have an accident.

8. Do you have any allergies or known reactions? If so, explain and give details.

9. Do you have any specific fears (e.g., fear of heights, open spaces)?

10. Can you swim? If so, indicate how well.

11. Do you drink alcohol? If so, describe your normal and/or anticipated consumption. Please be honest.

12. List special instructions in case of emergency. Whom should we contact and should we inform a physician about anything other than what is listed above?

PLEASE READ OVER THE FOLLOWING STATEMENT AND SIGN IT:

"I have read carefully the medical information provided by the Pyla Kopetria Archaeological Survey and understand it fully. I realize that archaeological study and field work is physically demanding and that we will sometimes study and work in hazardous areas. Although I assume that all reasonable care will be taken for my safety, I will not hold the project or its sponsors (Indiana University of Pennsylvania, University of North Dakota, or Messiah College) responsible for any accident. I have listed above all medical conditions and all medications that I currently take or expect to take in the near future. I understand that it is my responsibility to inform the Directors of any changes in or problems with my health."

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(Signature)

(Date)