

Dear LSU Overseas travel constituents,

The [Global Travel, Safety, and Security \(GTSS\) unit](#) continues to closely monitor developments in the Middle East and related global implications. Your safety and well-being remain our highest priority. As of this update, travel to countries directly impacted by the current conflict is restricted. However, given the interconnected nature of global systems, there is potential for secondary effects in other regions.

Fuel Shortages:

One notable consequence of the current situation has been the disruption of marine transit through the Strait of Hormuz, contributing to constraints in global fuel supply. This has led to fuel shortages in certain markets, particularly in developing and underdeveloped countries. While there have been no widespread reports of civil unrest linked to these shortages, the possibility of localized disruptions cannot be excluded should conditions persist. Additionally, fuel constraints may affect both ground transportation and aviation operations, potentially resulting in delays or cancellations of transportation options.

Prior to departure, we strongly encourage you to monitor local conditions in your intended destination(s), consult reliable local contacts or sources, and assess whether travel remains appropriate. Should you have any questions or require guidance, please contact us at globalsecurity@lsu.edu

Increased Caution and Travel Alerts:

If you are already at your destination, we recommend avoiding large gatherings or demonstrations as a precaution. In the event of a deterioration in the local security environment, please contact On Call International and the GTSS unit so we can assess your situation and coordinate appropriate support.

The United States (U.S.) Department of State, as of [March 22, 2026](#), continues to advise U.S. citizens, and those affiliated with American institutions, traveling overseas to exercise increased caution. In your role as an LSU constituent traveling abroad, this means to exercise care in how you present yourself, stay aware of your environment, and avoid situations, statements, and personal appearance that could draw undue attention to your citizenship and affiliation.

U.S. citizens are recommended to register in the [Smart Traveler Enrollment Program \(STEP\)](#), the U.S. Department of State's program to identify travelers and contact them overseas in

case of an emergency. If you have not enrolled, the GTSS urges you to do so now to stay informed about issues that could impact your safety. There is also a Department of State WhatsApp channel in the link for emergency information that you are encouraged to join.

If you have any concerns about your health, safety, and security, you should contact your site staff, provider, or On Call International at **+1 603 328 6396**. This number is staffed 24/7/365 and will assist you with your situation. Please also download the [Crisis24 Horizon's Assistance App](#) and register with your LSU Single-Sign On primary ID.

Resources and Support:

Additionally, stressful situations can lead to anxiety and worry, which are often experienced more acutely while overseas. If you are experiencing non-emergency anxiety issues, we recommend the following resources:

- [LSU C.A.R.E. Team](#): This team supports students with various personal or academic concerns. You can submit a report for yourself or a peer at LSU Cares.
- [Mental Health Services](#): Offers psychological support and crisis intervention to help manage stress and emotional well-being. For appointments or 24/7 support, visit [Mental Health Service](#).

LSU remains committed to supporting you, whether you have general inquiries or need help during an emergency associated with your travel overseas. Please continue to take good care of yourself and stay safe as you engage in your experiences abroad.

Sincerely,

Ray Lyngdoh

Director Global Travel, Safety, & Security.

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