



Division of
INTERNATIONAL SERVICES
OFFICE OF RESEARCH SERVICES, NATIONAL INSTITUTES OF HEALTH

QUICK LINKS GUIDE

Welcome to the National Institutes of Health (NIH)! Founded as the “Laboratory of Hygiene” in the state of Maryland (MD) in 1887, the NIH has grown into one of the world’s largest biomedical research centers with additional locations in the states of North Carolina (NC), Montana (MT) and Arizona (AZ).

With the assistance of the Division of International Services (DIS), Office of Research Services (ORS), the NIH offers talented scientists from all over the world an opportunity to share the research resources of its various Institutes and Centers (ICs). The purpose of this guide is to organize web links that can assist you with your transition to the United States. We include links for those who will stay at the main NIH campus in Bethesda, MD, as well some links for those coming to other states. Additional links are available on the DIS web site (http://dis.ors.od.nih.gov/resources/o2_resourfrgn.html).

The NIH Office of Training and Education (OITE) also publishes a “Moving Guide” (https://www.training.nih.gov/assets/Moving_Guide.pdf) and “Postdoc Handbook” (https://www.training.nih.gov/assets/Postdoc_Handbook.pdf) that discusses these and other helpful topics.



IMMIGRATION RESOURCES

In addition to sponsoring immigration status, the Division of International Services (DIS) also provides immigration-related advising to NIH-sponsored foreign national scientists related to their NIH stay. Please contact us at any time with questions related to yourself or your dependents.

HelpDesk: <http://dis.ors.od.nih.gov/>

Telephone: 301-496-6166

Fax: 301-496-0847

Additional information about U.S. immigration policies and procedures can be found on the website of the U.S. Citizenship and Immigration Services (<http://www.uscis.gov/>) and the U.S. Department of State (<http://www.state.gov/>).

VISITING NIH

Before making your journey to the NIH, review information about coming to the NIH, including security, driving, and parking information. This is available at:

- NIH Visitor Information
<http://www.nih.gov/about/visitor/index.htm>

TRANSPORTATION

AIRPORTS

There are three major airports that serve the Washington D.C. area. Please consult the website of the airport that you will be using to learn more about “Ground Transportation Options” from each airport to the NIH.

- Washington Dulles International Airport (IAD)
<http://www.metwashairports.com/dulles/dulles.htm>
- Ronald Reagan Washington National Airport (DCA)
<http://www.metwashairports.com/reagan/reagan.htm>
- Baltimore/Washington International Thurgood Marshall Airport (BWI)
<http://www.bwiairport.com/en>

For those at NIH facilities outside the D.C. area, here are some select airports:

- Raleigh-Durham International Airport, North Carolina (RDU)
<http://www.rdu.com/>



- Phoenix Sky Harbor International Airport, Arizona (PHX)
<http://skyharbor.com/>
- Missoula International Airport (MSO)
<http://www.flymissoula.com/>

PUBLIC TRANSPORTATION

Public transportation is widely available in the Washington D.C. area, and is a popular way to travel for work or pleasure. The NIH is located at the “Medical Center” stop on the Washington D.C. Metrorail’s Red Line. Many buses also stop at this location. We also provide some select transit links for those at NIH facilities outside the D.C. area.

- Washington D.C. Metrorail and Metrobus
<http://www.wmata.com/>
- Montgomery County, Maryland (MD), Ride On Bus
<http://www.montgomerycountymd.gov/tsvtmpl.asp?url=/content/dot/transit/index.asp>
- Maryland Transit Administration (MTA)
<http://mta.maryland.gov/>
- TRANSIT Services of Frederick County, MD
<http://www.frederickcountymd.gov/index.aspx?NID=105>
- MARC Maryland Regional Train
<http://mta.maryland.gov/marc-train>

- Alexandria, Virginia (VA), DASH Bus
<http://www.dashbus.com/>
- Virginia Railway Express (VRE) Regional Train
<http://www.vre.org/>
- Durham Area Transit Authority (DATA), North Carolina
http://DATA.durhamnc.gov/Index_DATA.cfm
- Go Triangle, North Carolina, Transit Options
<http://www.gotriangle.org/>
- Phoenix, Arizona, Transit Options
<http://phoenix.gov/transportation/transit/index.html>
- Montana Transit Options
http://www.mdt.mt.gov/travinfo/public_trans.shtml

DRIVER'S LICENSES

If you wish to drive a motor vehicle in the United States, you must obtain a Driver's License from the authorities in the state where you reside. Please consult DIS's Driver's License Guidance (http://dis.ors.od.nih.gov/resources/dis_driver_license.pdf) **BEFORE** your visit these offices.

- Washington D.C. Department of Motor Vehicles
<http://dmv.dc.gov/>
- Maryland Motor Vehicle Association
<http://www.mva.maryland.gov/>
- Virginia Department of Motor Vehicles
<http://www.dmv.state.va.us/>
- North Carolina Division of Motor Vehicles
<http://www.ncdot.org/dmv/>
- Arizona Motor Vehicle Division
<http://www.azdot.gov/mvd/>
- Montana Motor Vehicle Division
<http://www.doj.mt.gov/driving/default.asp>

BICYCLIST INFORMATION

The Washington D.C. area is also home to numerous bicycle routes and trails. However, safety is important. Learn more at the following web sites:

- NIH Bicycle Commuter Club
<http://www.recgov.org/r&w/nihbike/index.html>

- Washington Area Bicyclist Association
<http://www.waba.org/>
- Go Triangle, North Carolina, Cyclist Resources
<http://www.gotriangle.org/bike-walk/cyclist-resources/>
- Phoenix, Arizona, Bicycling Information
<http://phoenix.gov/transportation/around/bicycling/index.html>
- Montana Bicycle Information
<http://www.mdt.mt.gov/travinfo/bikeped/>

HOUSING

The Washington D.C. area has one of the highest cost-of-living indices in the United States, which means that common living costs, such as housing, are higher than those in most other U.S. cities (typically 35-45% of your income after taxes). When considering renting an apartment, please prepare enough funds for the common practice of paying an additional month's rent as a 'security deposit' when signing a rental contract.

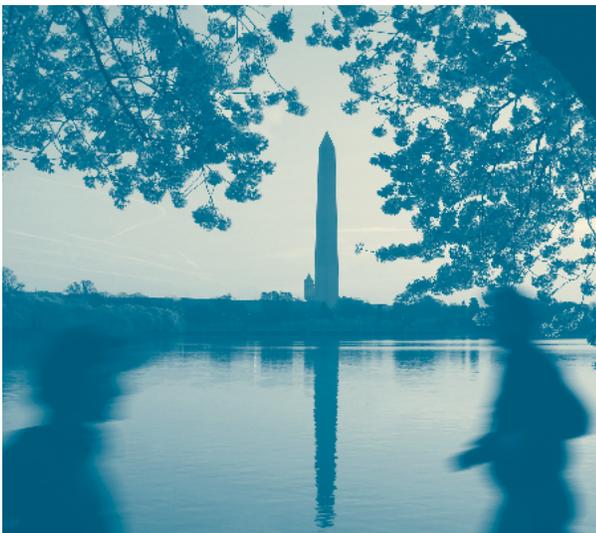
- NIH Recreation and Welfare ("R&W") Association Housing Information
<http://www.recgov.org/housing/housing.html>
- Maryland Department of Housing and Community Development
<http://www.mdhousing.org/Website/Default.aspx>
- D.C. Housing Search
<http://www.dchousingsearch.org/>
- Virginia Housing Development Authority
<http://www.vhda.com/Pages/Home.aspx>
- NIEHS, North Carolina, Moving Guide
http://www.niehs.nih.gov/careers/research/fellows/moving_to_rtp.pdf
- Arizona Department of Housing
<http://www.azhousing.gov/>
- Montana Housing Search
<http://mthousingsearch.com/>
- NCI-Frederick Housing Resources
<http://ncifrederick.cancer.gov/Programs/General/Housing/>

You may also search the following national Apartment listings:

- Apartment Search
<http://www.apartmentsearch.com/>
- Apartment Guide
<http://www.apartmentguide.com/>
- Apartments.com
<http://www.apartments.com/>
- My Cheap Apartments
<http://www.mycheapapartments.com/>
- My Apartment Map
<http://www.myapartmentmap.com/>
- Apartment List
<http://www.apartmentlist.com/>
- Rent.com
<http://www.rent.com/>
- Move.com
<http://www.move.com/apartments/main.aspx>

CLIMATE

The Washington D.C. area experiences all four seasons and a wide range of weather conditions. Winters are cold and rainy with a moderate amount of snow. Summers are hot and humid. Autumn (also known as “Fall”) and Spring seasons are mild and pleasant, but can be rainy. Climate in others parts of the U.S. can vary. Temperatures in the U.S. follow the Fahrenheit scale.



- The Weather Channel
<http://www.weather.com/>
- WeatherBug
<http://weather.weatherbug.com/>
- U.S. National Oceanic and Atmospheric Administration (NOAA)
<http://www.noaa.gov/>
- Celsius/Fahrenheit Converter
<http://www.celsius-fahrenheit.com/>

FINANCIAL

LIVING IN THE U.S.

Living in the U.S. – particularly in the Washington, D.C. area – can be expensive. If the NIH is funding your stay, it is important that you have enough funds to live on for at least one month. Allow two to four weeks for your first payment to be issued.

U.S. CURRENCY (“DOLLAR”)

Currency in paper form consists of bills and coins. Provided you have an account with a financial institution, U.S. currency/ cash is typically accessible by visiting a U.S. bank or through an Automated Teller Machine (ATM). ATMs can provide many banking services (deposits, cash withdrawals, account balances). Note, however, that many financial institutions may charge a fee if you use an ATM that is not associated with your bank or other financial institution.

Information about U.S. currency is available at:

- U.S. Department of Treasury
<http://moneyfactory.gov/uscurrency.html>
- Currency Converter
<http://www.xe.com/ucc/>

COST OF LIVING

An online search of “Cost of Living” can lead you to various web sites, such as:

- CNN Money
<http://cgi.money.cnn.com/tools/costofliving/costofliving.html>
- Homefair
<http://www.homefair.com/>



BANKING

Banks and Credit Unions offer many kinds of financial services, such as checking and savings accounts, foreign currency conversion, money orders, credit cards, and loans. However, each financial institution offers slightly different services and charges different fees. Before opening an account, carefully research the services and fees, as well as the bank's various locations and ATMs. You should consider institutions that are backed by the U.S. Federal Deposit Insurance Corporation (FDIC-<http://www.fdic.gov/>) or the National Credit Union Association (NCUA-<http://www.ncua.gov/>).

When opening a bank account, banks are required under the U.S. Patriot Act to verify your identity. At a minimum, banks will ask for your name; street address; date of birth; and a tax or other identification number. In many cases, banks will ask for a U.S. Social Security Number (SSN) as the identification number. However, other identification numbers can be used (such as a passport number). Although banks may prefer the SSN, it is possible to still open an account without this number. Banks may have you sign other forms (such as a Form W-8 BEN) to certify your eligibility to open an account in lieu of the SSN.

There are a wide variety of financial institutions that offer services locally and/or throughout the country. An online search of "banks" can lead you to many web sites, such as:

- The Yellow Pages
<http://www.yellowpages.com/> — search "Banks"



- The White Pages
<http://www.whitepages.com/> — search "Banks"

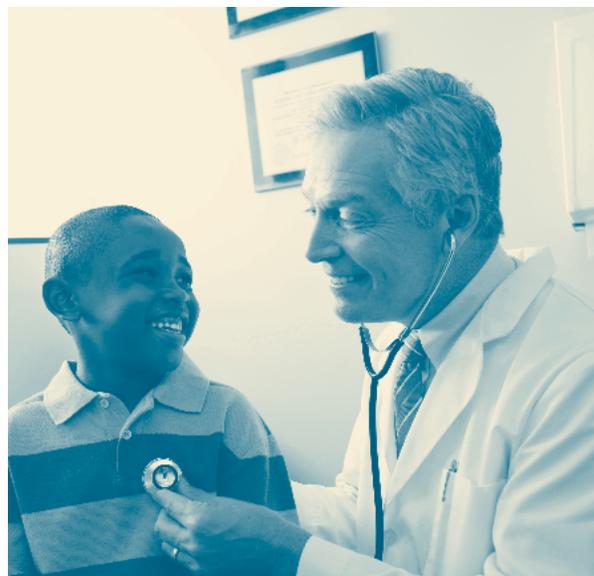
The NIH has a Credit Union in Bethesda – the NIH Federal Credit Union (NIHFCU) – that you can choose for your banking needs, including loans and credit cards:

- NIH Federal Credit Union
<https://www.nihfcu.org/>

SPOUSES & CHILDREN SCHOOLS

Education in the United States is generally compulsory for children between the ages of 5 and 16. Your children may be eligible for free elementary and secondary education provided by the local public school district. However, eligibility restrictions apply and some schools (such as those in Montgomery County, Maryland) may charge a fee (known as "tuition"). For more information, contact the appropriate school office for your city of residence.

- Maryland Public Schools
<http://www.marylandpublicschools.org/msde>
- Washington D.C. Public Schools
<http://dcps.dc.gov/portal/site/DCPS/>
- Virginia Public Schools
<http://www.doe.virginia.gov/>



- North Carolina Public Schools
<http://www.ncpublicschools.org/>
- Arizona Public Schools
<http://www.ade.az.gov/schools/schools/districts.asp>
- Montana Public Schools
<http://opi.mt.gov/Resources/Directory/Index.html>

CHILD CARE

Pre-school for younger children, or day- and after-school care for children of any age, may be available from many sources for a fee. The NIH maintains its own Child Care Center on the Bethesda campus, but there may be a long waiting period to be eligible to use the center. However, the NIH Child Care Center can also assist with referrals to other child-care options.

- NIH Child Care Center
www.ors.od.nih.gov/pes/dats/childcare/Pages/index.aspx
- NCI-Frederick Play and Learning Station (PALS)
<http://ncifrederick.cancer.gov/Programs/General/Pals/>
- First Environments Early Learning Center, North Carolina (FEELC)
<http://www.firstenvironments.org/>

EMPLOYMENT

The primary purpose of a dependent is to accompany the principal status holder in the United States. Some dependents,

however, may also be full-time students or apply to the U.S. Citizenship and Immigration Services (USCIS) for special permission to work or apply for a change to a working status. Please contact the DIS to discuss these options.

HEALTH INSURANCE & HEALTH CARE

HEALTH INSURANCE

It is necessary for you to obtain health insurance coverage for yourself and any dependent family members during your stay at the NIH. Those sponsored as J-1 Exchange Visitors are **required** under immigration regulations to have specific insurance coverage for themselves and J-2 dependent family members. Check with your Institute/Center's (IC) administrative office to learn if you will receive health insurance coverage during your stay at the NIH.

The U.S. does not have a nationalized health care system. To protect yourself against exorbitant medical costs, it is best to obtain a comprehensive health insurance plan if you are not eligible for coverage at the NIH. Insurance coverage at the NIH (whether covered by your IC or not) is available through:

- Foundation for the Advanced Education in the Sciences (FAES)
http://www.faes.org/health_insurance

If you plan to purchase your own insurance in the U.S., be aware that there are different types of insurance plans. The following information (adapted from <http://www.usa.gov/topics/health/health-insurance/choosing.shtml>) describes typical U.S. insurance plans and can help you make the best choice for your situation:

- **Traditional fee-for-service health insurance plans** are usually the most expensive choice. But they offer you the most flexibility when choosing healthcare providers.
- **Health Maintenance Organizations (HMOs)** offer lower co-payments and cover the costs of more preventative care, but your choice of healthcare providers is limited. The National Committee for Quality Assurance (<http://www.ncqa.org/>) evaluates and accredits HMOs. You can find out whether one is accredited in your state by calling 1-888-275-7585. You can also get this information as well as report cards on HMOs.
- **Preferred Provider Organizations (PPOs)** offer lower co-payments like HMOs, but give you more flexibility when selecting a provider. A PPO gives you a list of providers you can choose from.

When choosing among different plans, you'll need to read the fine print and ask questions, such as:

- Do I have the right to go to any doctor, hospital, clinic or pharmacy I choose?
- Are specialists, such as eye doctors and dentists, covered?
- Does the plan cover special conditions or treatments, such as pregnancy, psychiatric care, and physical therapy?
- Does the plan cover home care or nursing home care?
- Will the plan cover all medications my physician might prescribe?
- What are the deductibles? Are there any co-payments?
- What is the most I will have to pay out of my own pocket to cover expenses?
- If there is a dispute about a bill or service, how is it handled? In some plans, you may be required to have a third-party decide how to settle the problem.

HEALTH CARE

If you have a life-threatening emergency, dial “911” for an ambulance or seek care from an Emergency Room (ER) of the nearest hospital.

Non-emergency medical care is typically provided by a physician of your choice (often referred to as a “Primary Care Physician”). Other care is provided by specialists, urgent care centers, and/or hospitals. Check with your health insurance plan for available physicians that accept your insurance plan. Using physicians that participate with your insurance carrier (known as “in-network providers”) may be less expensive. You may also do an online search for “physicians” that can lead you to various web sites, such as:

- The Yellow Pages
<http://www.yellowpages.com/> - search “Physicians”

If you require certain medications or drugs, you may need written authorization (known as a “prescription”) from your physician. Other medications do not require a prescription (known as “over-the-counter” or OTC). Prescription medication can only be obtained at a pharmacy or drug store. Check with your insurance plan if they provide coverage for prescription medications. OTC medications are typically not covered by insurance plans.

TOURISM

The United States is a vast and diverse country: no matter where you are working, we encourage you to explore your temporary home as much as possible!

- Washington D.C. Tourism Board
<http://washington.org/>
- State of Maryland Tourism
<http://visitmaryland.org/Pages/Welcome.aspx>
- Commonwealth of Virginia Tourism
<http://www.virginia.org/>
- State of North Carolina Tourism:
<http://www.visitnc.com/>
- State of Arizona Tourism
<http://www.arizonaguide.com/>
- State of Montana Tourism:
<http://visitmt.com/>



NIH SERVICES

With over 18,000 employees on its Bethesda campus alone, the NIH is larger than many U.S. cities! NIH offers many services to support this population, including:

- NIH ID Badge
<http://www.idbadge.nih.gov/>
- Occupational Medical Service (OMS)
http://www.ors.od.nih.gov/sr/dohs/OccupationalMedical/Pages/oms_main.aspx
- Foundation for the Advanced Education in the Sciences (FAES)
<http://www.faes.org/>
- NIH Library
<http://nihlibrary.nih.gov/Pages/default.aspx>
- NIH Recreation and Welfare Association (“R&W”)
<http://www.recgov.org/r&w/>
- NIH Division of Amenities and Transportation (DATS)
<http://www.ors.od.nih.gov/pes/dats/Pages/index.aspx>
- NIH Dining Services (Bethesda)
<http://www.ors.od.nih.gov/pes/dats/food/Pages/index.aspx>
- NIH Federal Credit Union/Banking Services
<https://www.nihfcb.org/>
- Fitness Services (Bethesda)
<http://www.ors.od.nih.gov/pes/dats/fitness/Pages/index.aspx>

- Shuttle Bus (Bethesda)
<http://www.ors.od.nih.gov/pes/dats/transportation/Pages/transportation.aspx>

NIH PROFESSIONAL RESOURCES

There are also many offices at the NIH dedicated to supporting your professional success, such as:

- Office of Intramural Research (OIR) - responsible for oversight and coordination of intramural research, training, and technology transfer conducted within the NIH laboratories and branches
<http://sourcebook.od.nih.gov/oir/oir-staff.htm>
- NIH Guidelines on Conduct of Research – set forth the general principles of research conducted within the NIH laboratories and branches
<http://sourcebook.od.nih.gov/ethic-conduct/Conduct%20Research%206-11-07.pdf>
- Office of Intramural Training and Education (OITE) – Research/Training and Career advising for scientists
<http://www.training.nih.gov/>
- Office of Research Services (ORS) – Scientific and regulatory support programs
<http://www.ors.od.nih.gov/Pages/home.aspx>
- Fellows Committee (FELCOM) – Group committed to enhancing the experience of all postdoctoral researchers at NIH
<http://felcom.od.nih.gov/Default.aspx>
- NIH Visiting Fellows Committee (VFC) – Sub-group of FELCOM devoted to postdoctoral Visiting Fellows issues
<https://www.training.nih.gov/felcom/visitingfellows2>
- Research, Training and Scientific Resources Office – Clearinghouse for research support services
<http://www.nih.gov/science/>

In cases of a scientific or personal conflict, NIH also offers several free, confidential resolution resources:

- Center for Cooperative Resolution (CCR) – independent resource for resolution of scientific disputes
<http://ombudsman.nih.gov/>
- Employee Assistance Program (EAP) – counseling for work and family concerns
<http://www.ors.od.nih.gov/sr/dohs/EAP/Pages/index.aspx>

- C-I-V-I-L– program to help prevent workplace violence, harassment, intimidation, etc.
<http://hr.od.nih.gov/hrguidance/civil/>
- Office of Equal Opportunity and Diversity Management (OEODM) – assists with equal employment opportunity (EEO) issues, such as discrimination on the basis of race, ethnicity, gender, age, sexual orientation
<http://oeodm.od.nih.gov/>

MISCELLANEOUS INFORMATION

RELIGION

The United States Constitution guarantees freedom of religion for everyone and prohibits the establishment of a state religion. Many of the world’s religious faiths have places of worship throughout the country. The following web sites can help you find a local place of worship:

- The Yellow Pages
<http://www.yellowpages.com/>
- The White Pages
<http://www.whitepages.com/>
- The Church Finder
<http://www.thechurchfinder.com/>
- Local Worship
<http://www.local-worship.com/>

TIPPING

It is a general U.S. practice to pay a small additional fee or “tip” for a service performed for you, such as for taxi-cabs, restaurants, bars/pubs, barber/beauty/hair salons, baggage handling, and hotel services. The amount of the tip can vary. Tips, however, should never be offered to U.S. police, government employees, or public officials. An online search of “tipping” can lead you to various web sites, such as:

- CNN Money
<http://money.cnn.com/pf/features/lists/tipping/>
- Wikipedia
[http://en.wikipedia.org/wiki/Tip_\(gratuity\)#United_States](http://en.wikipedia.org/wiki/Tip_(gratuity)#United_States)

VOLTAGE/ELECTRICITY

Electric currents and plugs are different in the U.S. The U.S. electric current is 110 volts/60 hertz. You must use a converter or adapter if you bring small appliances to the U.S. Otherwise, you may consider purchasing such appliances after your arrival.

WEIGHTS AND MEASUREMENTS

The United States is the last major country in the world to convert to the metric system. Although some aspects of the U.S. use the metric system, it is less common in everyday life in the U.S. An online search for “U.S. weights and measurements and conversion” can lead you to various web sites, such as:

- U.S. National Institute of Standards and Technology (NIST)
<http://www.nist.gov/pml/wmd/metric/metric-program.cfm>
- Convert Me
<http://www.convert-me.com/en/>
- Online Conversion
<http://www.onlineconversion.com/>



COMMUNICATIONS

Communications in the U.S. have become more electronic from cellular telephones to email to Internet telephone and video services. Online searches can help you find the right communication style for yourself. The U.S. Federal Communications Commission (FCC) (<http://www.fcc.gov/>) regulates our communications infrastructure – from radio, television, wire, satellite and cable.

For mailing documents and packages, the U.S. Postal Service (<https://www.usps.com/>) offers many delivery services (including international shipping) for a fee. Private couriers are also available for your shipping needs.

SAFETY PRECAUTIONS

Crime in the United States, particularly in the Washington D.C. area, is an unfortunate reality and certain precautions should be taken both inside and outside the NIH. If you experience a safety emergency, dial “911” for police, fire, or ambulatory assistance. The following web sites can assist in making your stay at the NIH safer.

- NIH Work Place Safety
<http://www.ors.od.nih.gov/sr/dohs/Pages/default.aspx>
- NIH Security and Emergency Resources
http://www.ors.od.nih.gov/OD/Pages/ad_ser.aspx
- Montgomery County, MD, Police
<http://www.montgomerycountymd.gov/poltmlpl.asp?url=/content/pol/index.asp>
- City of Baltimore Police Department
<http://www.baltimorepolice.org/>
- Frederick, MD, Police Department
<http://www.cityoffrederick.com/index.aspx?nid=99>
- Maryland State Police
<http://www.mdsp.org/>
- Washington DC Metropolitan Police Department
<http://mpdc.dc.gov/>
- Virginia State Police
<http://www.vsp.state.va.us/>
- North Carolina Department of Crime Control and Public Safety
<http://www.nccrimecontrol.org/Index2.cfm?a=000003,000014>
- Arizona Department of Public Safety
<http://www.azdps.gov/>
- Montana Department of Justice Law Enforcement
<https://doj.mt.gov/enforcement/>

IDENTITY THEFT

Identify theft involves the stealing of your personal information. It is, unfortunately, a growing crime in the U.S. due to online and other electronic accessibility. Protect yourself from imposter web sites that try to steal your identity or money! Non-immigrant and other foreign national visitors are often targeted

by immigration, tax, and other scams. Do not disclose personal information (e.g. name, date of birth, Social Security Number, passport number, etc.) without verifying the source, as well as to confirming why it is necessary. We recommend that you avoid email when submitting information or documents with personal information (such as a passport). Please take a few moments to read more about identity theft and imposter web sites:

- U.S. Federal Trade Commission (FTC)
<http://www.ftc.gov/bcp/edu/microsites/idtheft/>
- U.S. Department of State (DOS)
http://travel.state.gov/visa/immigrants/types/types_1749.html
- U.S. Citizenship and Immigration Services (USCIS)
<http://www.uscis.gov/avoidscams>
- Internal Revenue Service (IRS)
<http://www.irs.gov/uac/Report-Phishing>

PEDESTRIAN SAFETY

This is particularly important as the majority of individuals in the U.S. rely on automobiles as their primary mode of transportation. Take a few minutes to view an NIH video regarding pedestrian safety, available at <http://www.youtube.com/watch?v=BzoHJ4wm3so>. Please also read the following tips for pedestrian and driver safety:





TIPS FOR PEDESTRIAN SAFETY

- Cross streets at a corner using traffic signals and cross walks, always try to make eye contact with drivers before crossing in front of them
- Look left, right, then left again before crossing, continue to look while crossing
- Walk on sidewalks or paths
- Watch for cars turning or backing up
- Be predictable, stay off freeways and restricted zones
- Don't expect a driver to stop
- Never run across a street

TIPS FOR DRIVER SAFETY

- Always be prepared to stop for pedestrians, not just in cross walks
- Scan the roads and sidewalks ahead for potential pedestrians
- Drive slowly and be prepared to stop when approaching a crosswalk
- Yield for pedestrians in crosswalks, whether marked or unmarked
- Do not attempt to pass other drivers who are stopped for pedestrians
- Look all directions for pedestrians before making a turn
- Never drive distracted

DISCLAIMER

The web sites provided in this guide are for informational purposes only to assist in your transition to the U.S. and the NIH. The DIS/NIH does not necessarily endorse the views expressed, nor verify/attest to the content and facts presented on web sites outside the NIH. Further, the NIH does not endorse any commercial products that may be mentioned on these sites. Please address comments about this guide to dis@mail.nih.gov.