

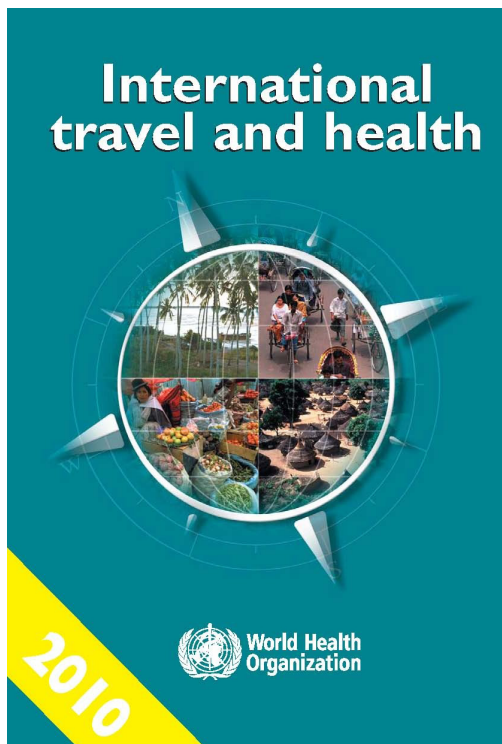
JUST PUBLISHED!



World Health Organization

International Travel and Health 2010

Situation as on 1 January 2010



2010, 248 pages [E]
ISBN 978 92 4 158045 8
CHF/US\$ 30.00
In developing countries: CHF/US\$ 21.00
Order no. 11800010

More than 900 million international journeys were undertaken in 2008. Global travel on this scale exposes many people to a range of health risks - different disease agents, and changes in temperature, altitude and humidity - all of which can lead to ill-health. Many of these risks, however, can be minimized by precautions taken before, during and after travel.

This book explains how travellers can stay healthy and provides WHO guidance on vaccinations, malaria chemoprophylaxis and treatment, personal protection against insects and other disease vectors, and safety in different environmental settings. It covers all the principal risks to travellers' health, both during their journeys and at their destinations. It describes all relevant infectious diseases, including their causative agents, modes of transmission, clinical features and geographical distribution, and provides details of prophylactic and preventive measures.

Features of this new edition include:

- . vaccine-preventable disease descriptions combined with vaccine recommendations
- . new information for travellers with HIV/AIDS
- . updated vaccine recommendations and schedules
- . updated country list with malaria and yellow fever information
- . new and updated maps showing disease distribution
- . expanded information relating to mass gatherings.

This book is intended for the medical and public health professionals who advise travellers, but it is also a standard reference for travel agents, airlines and shipping companies - and for travellers themselves.

WHO PRESS

WHO, WHO Press, 1211 Geneva 27, Switzerland
Tel +41 22 791 32 64 - Fax +41 22 791 48 57 - Email: publications@who.int
Web site: www.who.int/bookorders

WHAT'S INSIDE THIS PUBLICATION?

Chapter 1. Health risks and precautions: general considerations

Travel-related risks
Medical consultation before travel
Assessment of health risks associated with travel
Medical kit and toilet items
Travellers with pre-existing medical conditions and special needs
Insurance for travellers
Role of travel industry professionals
Responsibility of the traveller
Medical examination after travel

Chapter 2. Mode of travel: health considerations Travel by air

Cabin air pressure - Cabin humidity and dehydration
Ozone - Cosmic radiation - Motion sickness
Immobility, circulatory problems and deep vein thrombosis
Diving; Jet lag ; Psychological aspects
Travellers with medical conditions or special needs
Transmission of communicable diseases on aircraft
Aircraft disinsection
Medical assistance on board
Contraindications for air travel

Travel by sea

Communicable diseases
Noncommunicable diseases
Precautions

Chapter 3. Environmental health risks

Altitude - Heat and humidity
Ultraviolet radiation from the sun
Foodborne and waterborne health risks
Recreational waters
Animals and insects
Intestinal parasites: risk for travellers

Chapter 4. Injuries and violence

Road traffic injuries
Injuries in recreational waters
Interpersonal violence

Chapter 5. Infectious diseases of potential risk for travellers

Modes of transmission and general precautions
Specific infectious diseases involving potential health risks for travellers
Maps

Chapter 6. Vaccine-preventable diseases and vaccines

General considerations
Vaccines for routine use
Vaccines for selective use
Mandatory vaccination
Special groups
Adverse reactions and contraindications
International certificate of vaccination

Chapter 7. Malaria

General considerations
Cause - Transmission - Nature of the disease - Geographical distribution
Risk for travellers - Precautions
Protection against mosquito bites - Chemoprophylaxis
Long-term use of chemoprophylaxis - Treatment
Treatment abroad and stand-by emergency treatment
Special groups
Countries and territories with malarious areas

Chapter 8. Exposure to blood and body fluids

Chapter 9. Special groups of travellers

Travel to visit friends and relatives
Mass gatherings
Travellers living with HIV/AIDS

Chapter 10. Psychological health

Mental disorders and travel

Country List: vaccination requirements and malaria situation

Annex 1: Countries with risk of yellow fever transmission and countries requiring yellow fever vaccination

Annex 2: International Health Regulations

Index of countries and territories - Index by subject

ORDER FORM

Please send me _____ copies of **International travel and health 2010** at the price of CHF/US\$ 30.00. In developing countries CHF/US\$ 21.00 (order no. 11800010)

Please add CHF/US\$ 7.00 for postal mail charges per copy

Please add CHF/US\$ 26.00 for courier service charges per copy

More than 5 copies, please contact WHO Press for quotations and special discounts.

Name _____

Address _____

Tel/Fax/E.mail _____

Order online:

<http://www.who.int/bookorders>

Payment enclosed

Please charge to my credit card

Visa American Express Diners Club

Eurocard/Access/Mastercard

Card No. _____

Expiry date _____

Date of order _____

Signature _____

In the USA: STYLUS PUBLISHING, LLC
22883 Quicksilver Drive, Sterling, VA 20166
Cust service Tel: 703-661 1581/1-800-232 0223;
Cust service Fax: 703 - 661 1501

WHP.ITH.010