

Healthy Traveler

Quest Specialty Travel • Health Information for Travelers • Spring 2013

Health Risks and Precautions for International Travelers

General Considerations

The number of people traveling internationally increases every year. International tourist arrivals in the year 2010 reached 1 billion, with arrivals expected to reach 1.6 billion by 2020. Over half the arrivals were for leisure and holidays, with business, religious pilgrimages, and family visits cited as other major reasons people travel.

International travel can pose serious health risks to travelers, depending on the destination country, the nature and characteristics of the trip, and the traveler's physical condition and overall health. Travelers might be exposed to sudden and significant changes in altitude, humidity, microbes, and temperature. Also, serious health risks can arise in areas where clean water is unavailable, sanitation and hygiene are inadequate, and medical services are not well-developed.

All people planning travel should know about the potential hazards of the countries they are traveling to and learn how to minimize their risk of acquiring these diseases. Forward planning, appropriate preventive measures, and careful precautions can substantially reduce the risks of adverse health consequences.

The medical profession and the travel industry are an important source of help and advice for travelers, but it is the responsibility of the traveler to seek out information on travel-related risks, understand the factors involved, and take the necessary precautions.

Travel-related Risks

The key factors in determining the risks to which travelers may be exposed are:

- mode of transportation
- destination
- purpose, duration, and season of travel
- standards of accommodation and food hygiene
- behavior of the traveler
- health of the traveler

Destinations where accommodation, hygiene, sanitation, medical care, and water quality are of a high standard pose relatively few serious risks for the health of travelers, unless there is pre-existing illness. This also applies to travelers visiting most major cities and tourist centers and staying in quality accommodations, such as a conference center or a resort.

In contrast, destinations where accommodation is of poor quality, hygiene and sanitation are inadequate, medical services do not exist, and clean water is unavailable may pose serious risks for the health of travelers. Exposure to insects, infectious agents, and contaminated food and water, makes travel in many remote regions particularly hazardous. Tourists who venture into remote areas should take stringent precautions to avoid illness, including receiving vaccinations and taking antimalarial medications.

The Healthy Traveler A Guide For Traveling In Good Health

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The Healthy Traveler R. A. Church, 1988-12-01 **Fodor's Guide to Safe and Healthy Travel** Fodor's Travel Guides, WebMD, 2020-09-15 How do we confidently return to traveling after the COVID 19 pandemic In this travel safety guide the medical experts at WebMD and travel experts from Fodor's Travel have teamed up to share tips and recommendations on how to travel safely as we look towards getting back on the road again There is no question that COVID 19 and future potential pandemics will change the way we live and travel We all miss being able to travel freely whether it's for business to see friends and family or for leisure In this age of pandemics the WebMD and Fodor's experts will explore the prospect of future travel and health travel issues you should consider We will review what you should know about COVID 19 from a traveler's perspective discuss practical aspects of traveling now Should we be traveling at all Who should be traveling and most importantly how you can safely prepare yourself and your family as you start to get back out there This how to safety guide will delve into the following areas Know Before You Go Including Where to Go What to Pack Traveling with Kids Medical Concerns Travel Insurance and Other Considerations Getting There and Around Including Tips and Guidance on Car Taxi Travel Air Travel Cruise Travel and Train Travel On your Trip Including Accommodations Dining Out Tourist Attractions Hospitals and Emergencies Back Home Including Unpacking your Bags Quarantine Considerations and Planning Your Next Trip Travel and Health Resources Including Where to find the best resources for the most up to date information By the end of this e book you will have a better understanding of COVID 19 and the implications of future pandemics on travel and how you and your family can stay safe on your trips ABOUT FODOR'S TRAVEL AND WEBMD For over 80 years Fodor's Travel has been one of the most trusted sources in America for travel advice and travel safety tips WebMD is one of the most trusted health information brands in the U S We are committed to keeping our readers safe whether at home or on the road In the age of COVID 19 we were inspired to collaborate to bring you this e book so that when we are once again able to travel we can all do so more safely **Travel Medicine E- Book** Phyllis Kozarsky, Jay S. Keystone, David O. Freedman, Hans D.

Nothdurft, Bradley A. Connor, 2008-06-06 The second edition of this popular text features a team of international experts who discuss all aspects of travel medicine from immunizations and pre travel advice for adults and children to the latest information on cruise travel bird flu and SARS to the essentials of post travel screening It reflects current best practices and remains both the leading comprehensive reference text on the principles and practice of travel medicine and a rich resource of practical guidance that you can use daily And as an Expert Consult title this thoroughly updated second edition comes with access to the complete contents online fully searchable enabling you to consult it rapidly from any computer with an Internet connection Discusses common travel illnesses including traveler's diarrhea and malaria to help you treat whatever you see Addresses environmental problems such as altitude sickness extremes in temperatures and sun exposure to help your patients prepare for high risk activities in extreme environments Offers advice on establishing and running a travel clinic

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and updated 2018 edition codifies the U S government s most current health guidelines and information for international travelers including pretravel vaccine recommendations destination specific health advice and easy to reference maps tables and charts The 2018 Yellow Book also addresses the needs of specific types of travelers with dedicated sections on Precautions for pregnant travelers immunocompromised travelers and travelers with disabilities Special considerations for newly arrived adoptees immigrants and refugees Practical tips for last minute or resource limited travelers Advice for air crews humanitarian workers missionaries and others who provide care and support overseas Authored by a team of the world s most esteemed travel medicine experts the Yellow Book is an essential resource for travelers and the clinicians overseeing their care at home and abroad **The Hawaiian Guide Book, for Travelers** Henry Martyn Whitney,1875 **The**

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