



International Travel Health Guide

Stuart Rose, Jay Stephen Keystone

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An indispensable resource for anyone concerned with safe international travel, this best-selling book has been completely updated to provide more state-of-the-art guidance than ever before. In clear, accessible prose, authors Stuart Rose, MD and Jay Keystone, MD cover all of the essentials of healthy travel, from pre-travel vaccination and avoiding jet lag and altitude sickness to the treatment of travelers' diarrhea, malaria prevention, and more. In addition, the book's unique World Health Guide section provides essential health and risk-related information for over 200 countries.

- Includes invaluable information on:
 - How to stay healthy while traveling, and what to do if you get sick or injured abroad.
 - How to avoid accidents.
 - Avoiding insect bites, a major cause of illness in tropical and sub-tropical countries.
 - How to locate a clinic for pre-travel shots and advice.
 - How to travel with children.
 - Traveling during pregnancy.
 - How to find travel insurance that pays "up front" and pays for medical evacuation.
 - Which diseases are found in specific geographic regions.
- Contains a new appendix with an extensive list of travel-health-related websites.
- Now Includes embassy and consulate information for US, Canada, and UK
- Provides information on travel clinics worldwide
- Provides SOS call center information
- Presents a new summary of immunizations for each destination.
- Offers new information on trip preparation for disabled travelers.

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