Tuesday’s Tip

information provided by Adriance Memorial Library to make your life a little bit easier . . .

Traveler’s Health Tips  June 4, 2013

Here is a great site to know about and share –especially for those planning international travel now that summer is fast approaching:

- The Centers for Disease Control (CDC) Traveler’s Health Website
  [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel)

There are drop-down menus to select disease of concern or country of interest.

The CDC site is chock-full of resources for countries throughout the world, and informs us which preventive measures should be taken before visiting, as well as providing advice for special populations and situations.
Each country’s review is very detailed, outlining all risks and precautions to take. Many vaccines need to be administered weeks before travel to become effective.

Current travel advisories are listed by disease, including degree of concern.
The Yellow Book has very detailed information on self-care and prevention for travelers—even on more benign topics like “jet lag”. Bon Voyage!