

Table of Contents

Introduction	2
Vaccines	4
General Health and Safety Concerns.....	8
Water Precautions.....	26
Food Precautions.....	29
Illnesses from Food and Water	31
Insect Precautions	36
Illnesses from Insects	40
Respiratory Precautions.....	47
Respiratory Illnesses.....	49
Problems from Physical Contact.....	53
Additional Illnesses	57
Pests.....	67
Upon Return	72
Special Medical Concerns	74
Medical History Form	75
Vaccination Status Record.....	76
Useful Items to Pack.....	77
Useful Foreign Phrases	78
Index	82