abatacept 509
abdominal pain, fever and 271
abdominal surgery, air travel following 524
abortion 470
  incomplete 473
  spontaneous, diving and 478
acceleration
  aircraft 406, 408
  spacecraft 615
accidents 515, 588
  air travel 319
  children 455
  diving 374
  motor vehicle see motor vehicle accidents
see also injury, travel-related
acclimatisation
  high-altitude 336–337, 337, 340, 478
  hot conditions 349
acetazolamide 443
  altitude sickness prevention/treatment 340, 340, 341
  cautions 341
  in children 457
  in eye trauma 441
  in pregnancy 478, 491
  side effects 341, 443
acetylsalicylic acid see aspirin
achlorhydria, traveller’s diarrhoea risk 200
Acinetobacter baumannii 111
acne 186–187
acquired immunodeficiency 504, 505–509
acquired immunodeficiency syndrome see AIDS (acquired immunodeficiency syndrome)
actinic dermatitis, chronic 192
actinic keratosis 188
  eyelid 434
actinic lichen planus 192
activated charcoal 207
active rewarming, in hypothermia 355
acupressure wrist bands, for sea sickness 388–389
acute mountain sickness (AMS) 337–341
  in children 329, 457
  definition 337–338
  in diabetics 522
  diagnosis 338–339
  in elderly travellers 526
  epidemiology 339, 339
  pathophysiology 339–340
  in pregnancy 478, 491
  prevention 340–341
  progression to high-altitude cerebral oedema 338, 338
  risk categories 341, 341
  self-report scoring system 337, 338–339
  symptoms and signs 338, 338
  treatment 340, 340, 341
acyclovir therapy, genital herpes 79
adaptation, motion sickness 301, 303, 304, 387
adder
  Berg 419
  puff 415
adenoviruses 72
adenovirus infection 72–73
gastroenteritis 73
see also viral gastroenteritis
adherence, antimalarial agents 540
administration routes, vaccines see vaccine administration
adolescents
  body fluid exposures 457–458
  see also children; young people
adrenaline see epinephrine
adventure sports 608–609
adventure travel 7
  demand for 13
  impact on travel medicine 14
adventure travellers 261, 264
  travel insurance 402
see also expedition medicine
Aedes aegypti
  chikungunya transmission 21, 88
  control measures 84, 86
  dengue fever transmission 21, 85
  yellow fever transmission 82, 83
Aedes albopictus
  chikungunya transmission 21, 88
  spread of 21, 156
aeromedical repatriation 403–414, 597–598
  expatriates and air workers 545
  in eye trauma 441
see also air ambulance transfers
Africa
  fever in travellers from 267, 267
  HIV epidemic 70
  meningitis belt 99, 227, 254, 609
  travel to, yellow fever vaccine recommendations 237, 237–238
African green monkey 89, 91
African Programme for Onchocerciasis Control (APOC) 120
African trypanosomiasis 52, 115–117, 172, 471
  clinical features 172, 271–272
  control 116–117
detection of sentinel events 52
Agkistrodon blomhoffi blomhoffi aggressive behaviour, air passengers 322
age 'after drop' phenomenon 356
air ambulance transfers 403–414, 405, 409, 411, 413
air
AIDS (acquired immunodeficiency syndrome) 69, 71, 151, 154
definition 71
Kaposi sarcoma 184, 185
in migrants and refugees 560
traveller’s diarrhoea risk 200
see also HIV (human immunodeficiency virus); HIV (human immunodeficiency virus) infection
aid workers 264, 531–550
definition 531
see also expatriates
air
alveolar, composition 292–293
atmospheric 289–290
filters, in aircraft 297, 305, 311–312
flow, in aircraft 298, 299
flow rates, in aircraft 297
recirculation, in aircraft 297
air ambulance transfers 403–414, 405, 409, 411, 413
aircraft 405, 409, 411, 413, 414
aircrew
behaviour, air safety and 319, 320
special needs 409
passengers
advice for 325
air rage 16, 318, 319, 322
alcohol consumption 316, 318, 322
behaviour 318–319
childbirth in flight 313
children 454, 455, 456
death in flight 312–313
disabled/immobile 305, 307, 527
disruptive relationships 316, 321
disruptive behaviour 16, 318–319, 322
epileptic 525
eye disorders 436–437
fear of flying 316–318
infectious disease transmission 17, 265, 311–312
medical clearance 304–307, 306
medical support 305, 403
oxygen supply see oxygen, in-flight supply
pre-flight assessment 304–307, 306
pregnant see under pregnant women
profiling 323–324
risk-taking behaviour 324–325
safety 319–320
security checks 323–324
stress and 15, 315–316, 318–319, 321
on stretchers 305, 307, 403
venous thrombosis risk see under venous thrombosis
see also air travel
air pollution, pregnant women and 477
airport(s) 15–16
arrival, air ambulance transfers 414
disease screening 17
environment, in disability 307
low-cost carriers and 17
security 15, 323
services 15–16
‘airport malaria’ 146, 266
air rage 16, 318, 319, 322
air sickness
incidence 301
see also motion sickness
air travel 289, 304–313
accidents 319
children and 454, 455, 456
cosmic radiation exposure 290–291
effects of reduced pressure 292, 295–297, 405
emerging infectious disease and 146–147, 312
growth of 3, 9, 10, 11, 12
future trends 14–15, 15
impact on relationships 316, 321
infants and 455, 456
in-flight medical emergencies see in-flight medical emergencies
low-cost carriers, impacts 9, 12, 13, 17
medical contraindications 516, 523, 525
passengers see air passengers
physics 289–290, 405, 405, 405–407
physiology 405, 405–407
pilot error 319
albendazole 169
cutaneous larva migrans treatment 169
gnathostomiasis treatment 172
loiasis treatment 120
in pregnancy 470–471
alcohol consumption
air passengers 316, 318, 322
decompression sickness susceptibility and 296
driving and 400, 590–591
excessive, associated risks 261–262
in expatriates 541
fatigue and 300
in hepatitis C 69
motion sickness susceptibility and 303
traveller’s diarrhoea risk and 200
alcohol-induced nystagmus 303
alcohol poisoning, visual effects 443
allergic contact dermatitis 185
allergies
bee, wasp and hornet stings 429
eggs, vaccination and 210, 238
food 31
alpha herpesvirinae 78
alphaviruses 88
altitude
acclimatisation 336–337, 337, 340, 478
aeroplane vs. cabin 405, 405
alveolar air composition at 292
extreme 336
high 336
oxygen concentration changes 336, 336
travel see altitude travel
very high 336
altitude illness 335, 336, 337–344
acute mountain sickness see acute mountain sickness
in children 339, 457
high-altitude cerebral oedema see high-altitude cerebral oedema
high-altitude pulmonary oedema see high-altitude pulmonary oedema
pre-existing medical conditions and 345
analgesics
for acute mountain sickness 340
for frost bite 361
in pregnancy 492
anaphylaxis 31
in expedition travellers 333
Ancylostoma braziliense 168
Ancylostoma caninum 168
Ancylostoma ceylanicum 168
Ancylostoma stenocephala 168
Andes virus 149
Androctonus 426
aneurysms, altitude travel and 525
angina, air ambulance transfers and 408
angio-oedema 188
animal(s)
bites
rabies transmission 80, 538
see also bites
domestic infection transmission 155
international movement 266
Anopheles leucosphyrus 140
Anopheles mosquito 140
antacids, traveller’s diarrhoea risk and 200
antarctic 353
anthrax
bioterrorist attacks 147
in pregnancy 487
anthrax vaccine 220
efficacy 220
indication 220
in pregnancy 483, 487
side effects 220
UK immunisation schedule 216, 220
antibiotic resistance 110–111, 154, 262
traveller’s diarrhoea 42, 199, 201, 202, 207
antibiotic therapy
acne 187
breast-feeding and 496
brucellosis 106
eye infections 440, 441
leptospirosis 105
Lyme disease 110
melioidosis 109
pyogenic skin infection 177
rickettsial infection 104, 181
snake bite 422
syphilis 178
traveller’s diarrhoea 201–203, 202, 517
in children 451
traveller’s diarrhoea prophylaxis 206, 206, 207
  in immunocompromised travellers 35
  yaws 178
  see also specific antibiotics
  anticholinergics, for sea sickness 388
  see also hyoscine
  anticoagulation therapy, air travel and 306
  antidiuretic hormone (ADH) 348
  antiemetics
    for acute mountain sickness 340
    for heat-related illness 352
    for sea sickness 388, 388
  see also
  antifungal therapy
    dermatophyte infections 182–183
    sporotrichosis 183
    systemic mycosis 184
    antigenic drift 76, 225
    antigenic shift 75, 225
  antihistamines
    for bee, wasp and hornet stings 429
    motion sickness treatment 304
    in pregnancy 492–493
    sea sickness 388, 388
    urticaria treatment 188
  see also
  antimalarial drugs
    adherence 540
    counterfeit 539
    cutaneous reactions 193
    malaria prophylaxis see malaria chemoprophylaxis
    malaria treatment 130–131, 131
    ocular toxicity 442
    in pregnancy 131, 488–489, 493–495
    safety 493, 540
    resistance 42, 155
    worldwide patterns 128
    safety 539–540
    in pregnancy 493, 540
    standby emergency treatment (SBET) 143–144, 144, 495, 540
    see also malaria, treatment; specific agents
    antimonials, pentavalent, leishmaniasis treatment 170
    antimitoty agents, traveller’s diarrhoea treatment 203, 517
    in children 450–451
    in immunocompromised travellers 35
    anti-motion sickness drugs 304
    for fear of flying 317
    see also specific drugs
    antimycobacterial drugs 179
    see also specific drugs
  antinuclear antibody (ANA), lupus erythematosus 191
  antiparasitic drug therapy
    resistance 155
    see also specific drugs; specific parasitic diseases
  antiperistaltic agents
    see antimalarial drugs
  antiretroviral therapy
    highly active see highly active antiretroviral therapy (HAART)
    HIV infection 71–72, 510, 511
    post-exposure prophylaxis 542
  antivenoms
    bee, wasp and hornet stings 429
    for expedition travellers 333
    fish stings 430
    jellyfish stings 431
    scorpion 426
    snake see snake antivenoms
  antiviral drugs
    hepatitis B treatment 63
    herpes gladiatorum prevention 606
    influenza prevention/treatment 76–77
    see also antiretroviral therapy; specific drugs
  ants, fire 175
  anxiety
    flying-related 316, 317
    motion sickness and 303
    in travellers 28, 32
  anxiety disorders
    in expatriates 533
    in migrants and refugees 562
    anxiolytic medication, for fear of flying 317
  Apis mellifera 429
  Arctic 353
  Arenavirus infections 93
  see also Lassa fever
  Argentine haemorrhagic fever 94
  Armstrong line 613, 614
  arrhythmias
    deceleration forces and 406
    spider bites and 428
  artemether–lumefantrine, malaria treatment 130, 131, 131
    in children 449
    emergency self-treatment 143, 144, 540
  artemisinin combination therapies (ACTs) 130, 277
  artemisinins 128
    malaria treatment 128, 130, 131, 277, 449
    in pregnancy 494
    resistance 128, 130, 275
  arterial gas embolism
    definition 366
    in divers 372, 438
    symptoms 372, 372
  arteriovenous malformations, altitude travel and 525
  artesunate–amodiaquine 130
  artesunate, intravenous 131, 131, 275
  arthralgia, fever and 271
  Ascaris 279
  Asia, fever in travellers from 267, 267
  Asia Pacific Travel Health Association (APTHA) 39
  aspirin
    for frostbite 360, 361
    in pregnancy 492
    venous thromboembolism prevention 262, 311, 518
  asplenic travellers 505, 506–507
  infection risk 261, 506
  babesiosis 120, 121, 506
  vaccinations 506–507
  assassinations 543
  assaults 592–593
  asthma 30–31
  altitude travel and 345
  in divers 373
  eosinophilia and 278
  astronauts 613
  see also space travel
  astrovirus infections 73
  asylum seekers
    factors affecting health 558
    numbers and trends 556–557, 557
    see also migrants; migration
  athlete(s) 601–610
    adventure 608–609
    infectious diseases 606–609
    long-distance travel 602, 605
    malaria 609
    medical kits 602, 603, 604
    post-competition activities 610
    pre-travel medical assessment 601–602
    pre-travel planning 601
    safety and security 610
    sexual health 605–606
    vaccine-preventable disease 609
    villages 605
  athlete’s foot 181
  atmosphere 289–291
  atmospheric ozone 290
  atmospheric pressure 290
    reduced effects of 292, 295–297
    see also altitude
  atmospheric temperature 290
atopic disorders, cosinophilia 278
atopic eczema see eczema
atovaquone-proguanil (Malarone) breast-feeding and 496
in children 137, 448, 449
drug interactions 136, 138
in HIV-infected travellers 512
in immunocompromised travellers 35
malaria prophylaxis 134, 136, 137–138
malaria treatment 130, 131, 131
emergency self-treatment 143, 144, 540
in pregnancy 138, 488, 494, 495
in renal impairment 524
side effects 136, 137
Atrax robustus (funnel-web spider) 427
bits 428
atropine derivatives, motion sickness treatment 304
attapulgite, traveller’s diarrhoea treatment 203, 204–204
Australia antigen see hepatitis B surface antigen (HBsAg)
Australia, immunisation information resource 213b
schedule 242–248, 252–255
Australian bat Lyssavirus (ABL) 254
automatic advisory external defibrillators (AEDs) 310
autonomic storm, in scorpion envenoming 426, 426
avalanche phenomenon, in motion sickness 301
avian influenza A (H5N1) virus 76, 150, 225, 312
aviation medicine 15, 289–313
definition 289
see also air travel
aviation psychologists 316, 318, 320
aviation psychology 315–326
see also specific aspects
aviation security 15, 323–324
azithromycin in immunocompromised travellers 35
Legionnaire’s disease treatment 101
traveller’s diarrhoea treatment 202, 202, 203, 451, 517
in pregnancy 476
typhoid fever treatment 103
Babesia 120
Babesia bovis 121
Babesia divergens 120, 121
Babesia microti 121, 506
babesiosis 120–121
Bacille Calmette–Guérin (BCG) vaccine booster doses 235
in children 234, 235, 255, 453
contraindications 235
efficacy 235
in expatriates and aid workers 541
immunisation schedules
Australia 248, 255
Canada 251
New Zealand 255
UK 219, 235
US 251
in immunocompromised travellers 32, 33, 210
indications 234
intradermal administration 213, 235
in pregnancy 483, 486
side effects 235
tuberculin skin testing and 234, 235, 548
UK vaccine 234–235
back-fanged snakes 415
bacterial infections 99–111
British returned travellers 100
clinical history 99
emerging pathogens 154
skin 176–177
in diabetic travellers 520
traveller’s diarrhoea 197–198, 198, 450
urgent treatment 99
see also specific bacteria; specific infections
bacterial vaginosis 464, 465
bandaging, pressure see pressure bandaging
Barba amarilla 415
barodontalgia 295, 371
barotrauma
air travel-related 295–296
definition 369
dental 295, 371
diving-related 369, 370–372, 437–438
gastrointestinal tract 295
inner ear 371
middle ear see middle ear barotrauma
ocular 437–438
pulmonary see pulmonary barotrauma
sinuses 295, 371
barriers to care, visiting friends and relatives (VFR) travellers 569
Bartonella henselae 149
basal cell carcinoma (BCC) 189
eyelid 434, 435
bats, rabies risk and 150, 232, 254
B cells
acquired immunodeficiency 505–506
congenital immunodeficiency 504–505
BCG vaccine see Bacille Calmette–Guérin (BCG) vaccine
beach-related trauma 399–400
bedbugs 175
bednets for children 447
insecticide-treated 129, 130, 447
bee stings 428–429, 443
beetles, blister 175
behaviour
disruptive, air passengers 16, 318–319, 322
risk-taking see risk-taking behaviour
bends 296
see also decompression sickness
benznidazole, South American trypanosomiasis treatment 119
benzodiazepines 342, 605
in elderly travellers 526
benzoyl peroxide 187
Berg adder 419
beta-blockers, eyedrops, side effects 443
beverages, precautionary measures
in immunocompromised travellers 34
traveller’s diarrhoea prevention 206
bicycles, pregnant women and 476
Bifidobacterium bifidum 450
bilharziasis see schistosomiasis
bilirubin, raised 275
see also jaundice
biological clock see circadian rhythm
biologicals 508, 509
Biomphalaria 121
bioterrorist attacks 147
birds, St Louis encephalitis transmission 87
birth see childbirth
bismuth subsalicylate (BSS) in pregnancy 476, 490
traveller’s diarrhoea prophylaxis 205–206, 206, 207
traveller’s diarrhoea treatment 203, 203
bisphosphonates, for space flight-associated osteoporosis 618
bites 167–176
animal, rabies transmission 80, 538
marine, pre-travel safety advice 595
tick see tick bites
venomous 415–431
snake see snake bites
spider see spider bites
**Bitis arietans** 419

**Bitis caudalis** 419

black flies 170

control measures 120

onchocerciasis transmission 170

black widow spiders *see Latrodectus* (black widow spiders)

bladder, schistosomiasis 123

bleeding see haemorrhage

blepharitis 434, 435

blindness

  - global problem 444
  - prevention, “Vision 2020: the right to see” programme 444
  - river see onchocerciasis

borders, international, restrictions on crossing 34

**Borrelia** 107

**Borrelia afzelii** 107

**Borrelia burgdorferi** 107, 121, 152

**Borrelia garinii** 107

**Borrelia recurrentis** 107

**Bothrops atra** 415

**Bothrops jararaca**, effects of envenoming 418

bouteonneuse fever 103, 180

bovine babesiosis 120, 121

box jellyfish 430, 431

Boyle’s law 295

  - air travel and 406

  - diving and 364, 365

bradycardia, in hypothermia 355

breath-borne infections

  - athletes 605, 607

  - dialysis and 524

  - see also specific infections

blood disorders, fitness to fly 306

blood donation, exclusion from 281, 282

blood films, malaria diagnosis 269, 270

blood glucose measurement, in diabetes 521

  - at high altitude 522

blood pressure measurements, during air travel 408

blood transfusion

  - on cruise ships 390

  - exchange transfusion, in malaria 131, 276

hepatitis A transmission 57

South American trypanosomiasis transmission 118, 119

transmission of imported infections 266

blunt injuries, eye 441–442

body fluids

  - exposures, children and adolescents 457–458

  - hepatitis B transmission 62

  - Bolivian haemorrhagic fever 94

boomslang 415

borders, international, restrictions on crossing 34

**Borrelia** 107

Buruli ulcer 179

business travellers 205, 291, 299, 309, 318

risk-taking behaviour 325

**Buthus** 426

buttocks

  - cutaneous larva migrans 168, 168

  - onchocerciasis 171, 171

  - vaccine administration 212

cabin pressurisation 293, 297–298

air ambulances 405

effects of rapid decompression 298, 406–407

environmental requirements 297

loss of pressure 298

methods 297–298, 298

pregnancy and 473–474

caffeine consumption 300, 526

Calabar swells 172, 279

calcium antagonists, motion sickness prevention 304

calciiviruses 73

**Calloselasma rhodostoma** (Malayan pit viper) 415, 416, 416, 417

calmodulin inhibitor, traveller’s diarrhoea treatment 204

*Campylobacter* infection 197, 198, 389

antibiotic resistance 202, 207

antimicrobial therapy 202, 202, 203

  - in pregnancy 476

epidemiology 199

  - in expatriates and aid workers 541

Canada, immunisation

  - information resource 213b

  - schedule 239, 249–252

  - cancellation, trip 517

cancer

  - chemotherapeutic agents 508, 508–509

  - epidemiology 562

  - haematological malignancies 505, 506, 507, 508, 509

  - skin see skin malignancies

**Candida** infection (candidiasis) 154

antibiotic prophylaxis and 207

  - in diabetics 521

  - skin and nail 182

  - vaginitis 207

cap, contraceptive 467

carbon dioxide

  - alveolar air 292

  - carriage in body 292

  - excess, in divers 369

  - exchange 292

blood
cell-mediated immunity
acquired immunodeficiency 505–506
congenital immunodeficiency 504–505
pregnancy-related changes 479

cellulitis 176, 176
treatment 177

Centervirus 218, 225, 226
Centers for Disease Prevention and Control (CDC), US 38, 39, 39
immunisation guidelines 239
Vessel Sanitation Program (VSP) 389

Central European encephalitis virus 88, 88
central nervous system disorders
fitness to fly 306
see also neurological disorders

Central nervous system disorders
childbirth
in-flight 313

children 447–460
air ambulance transfers 409
air travel 454, 455, 456
altitude illness 339, 457
altitude travel 456–457

bee stings 429
body fluid exposures 457–458

comfort 454–455
diarrhoea 72, 200, 274, 450–451, 459
expatriate 531, 537, 544, 546–547

fever 267, 271, 274, 459
with fever 267, 271, 274, 459
hepatitis A 57, 58, 453, 559

HIV infection 70
screening 458

immigrant 556, 557
infectious diseases 559, 560
non-infectious diseases 562
screening 458–459
jet lag 455

malaria 128, 447–450, 459, 560
prevention 447–450, 540

visiting friend and relatives travellers 567

medical kits for 456
motion sickness 303, 455

oral health 562
organisation of care 459–460

post-travel screening and care 458–459, 459, 546–547

rabies risk 454, 538

safety 455–456
sedation 454–455

snake bites 416
thermoregulation 347, 353
tuberculosis 458, 568
typhoid fever 7, 102

children, vaccination 451–454
Australian schedule 242–248, 252–255

intradernal injection 212–213
intramuscular/subcutaneous injection 212


UK schedule 213, 214–219, 220–239
US schedule 239, 249–252, 451, 451–454

see also vaccination; specific vaccines

Chinese immigrants, falciparum malaria 52

Chironex fl eckeri 430, 430, 431
chloral hydrate 455
chloramphenicol
 eye preparations, side effects 443
 rickettsial infection treatment 512
 in traveller’s diarrhoea 203
chloroquine
 in children 138, 448, 499
 contraindications 136, 138
 drug interactions 136
 in expatriates and aid workers 539
 in HIV infection 512
 malaria prophylaxis 136, 138
 malaria treatment 130, 131, 277
 ocular toxicity 442
 in porphyria cutanea tarda 192
 in pregnancy 138, 488, 494, 495, 540
 resistance, malaria see chloroquine-resistant malaria
 side effects 136, 138, 262, 526, 540
 cutaneous reactions 193
 chloroquine–proguanil, malaria prophylaxis 134, 494
 in pregnancy 489
 chloroquine-resistant malaria 42, 128, 130, 131–134
 geographical distribution 134, 135
 treatment 131
 chloroquine-resistant Plasmodium falciparum (CRPF) 42, 128, 131
 chloroquine-resistant Plasmodium vivax 128, 131, 277
 chokes 296
 cholera
 clinical features 201
 importation and dissemination risk 21, 274
 outbreaks 152
 prevention 220
 re-emergence 152
 cholera vaccine 208, 220, 239, 249, 454
 Canada 239
 in children 452, 454
 efficacy 220
 enterotoxigenic Escherichia coli (ETEC) cross-protection 220, 239, 454
 in expatriates and aid workers 538
 immunisation schedules
 Australia 247
 UK 216, 220
 indications 220, 239
 in pregnancy 483, 486–487
 UK 220
 cholinergic urticaria 188
 chronic actinic dermatitis 192
 chronic fatigue syndrome, in aid workers 533
 chronic lymphocytic leukaemia (CLL) 505, 506
 chronic obstructive pulmonary disease (COPD) 31, 523
 altitude travel and 345
 Chrysops fly 172, 443
 Cimex lectularius 175
 Cinerama sickness 301
 cinnarizine, for motion sickness 304, 388, 388
 ciprofloxacin
 traveller’s diarrhoea prophylaxis 207, 518
 in immunocompromised individuals 35
 traveller’s diarrhoea treatment 202, 202
 in children 451
 circadian rhythm 299, 300, 320
 body temperature and 346
 disruption 320
 see also jet lag
 circulation 291
 circulatory disorders, fitness to fly 306
 circulatory system, effects of hypothermia 355
 circumlunar flights 614
 cirrhosis 262, 524
 in hepatitis C 68
 citronella 129, 447
 civets palm 77, 78
 Civil Aviation Authority (CAA), air ambulance aircraft definition 411
 classic heat stroke 351
 climatic droplet keratopathy 435
 clinical examination, expatriates 547
 clinic, travel see travel clinic
 cloquinoil, in traveller’s diarrhoea 203
 clostridiosis 280
 Clostridium difficile infection 203, 207
 Clostridium perfringens 389
 clothing
 African trypanosomiasis prevention 117
 babesiosis prevention 121
 for children 456
 insecticide-impregnated 447
 leishmaniasis prevention 115
 personal safety and 592
 thermoregulation and 349, 353
 coagulation therapy, fitness to fly 306
 coagulopathy, in snake envenoming 418, 419
 management 421, 423, 425
 cobra 415
 effects of envenoming 417, 417
 spitting 417, 422, 425
 Thai 416
coca leaves-tea, for altitude sickness 341
Coccidioides immitis 154, 183
 coccidioidomycosis 184
 Cochliomyia hominivorax 227
cognitive dissonance 325
cold
 hypoxia susceptibility and 294
 physiology 353
 rapid cabin decompression and 298
 see also hypothermia; polar medicine
 cold injury
 non-freezing 362
 see also frostbite
 collapse, decompression 297
 colostomies 524
 colubrid snakes, venomous 415
 combined oral contraceptive pill 468
 comfort, children 454–455
 common variable immunodeficiency 505
 communication
 air ambulance transfers 411, 412
 expedition travel and 329, 331, 332
 for injury prevention 399, 400, 401
 community-acquired meticillin-resistant Staphylococcus aureus 606–607
 community-acquired pneumonia, in diabetic travellers 520
 compassion, travel medicine professionals 574
 complement deficiency 505
 compliance, health advice, air travellers 325
 compression stockings 311, 518
 condoms 464, 465, 467
 conduction, heat 346
 cone shells 431
 confinement, spacecraft 618
 congenital immunodeficiency 504, 504–505
 congenital rubella syndrome (CRS) 486
 congenital varicella syndrome (CVS) 486
 conjunctiva, ultraviolet light damage 435
 conjunctivitis, trachomal 443
 conscientiousness, travel medicine professionals 574
 consciousness
 disturbed, in hyperventilation 295
 loss of
 heat syncope 350
 in hypoxia 293
Index 631

consent, informed 587
consultation, for injury prevention 399, 400, 401
contact dermatitis 185
contact lens wear 439–440, 527
  air travel and 439
divers 437
  hard lenses 439, 439
  at high-altitude 437
infection risk reduction 440
  soft lenses 439
travel-related concerns 439–440
contact sports, infectious diseases and 606
contraception 464, 465
  emergency 464, 465, 469
  methods 467–468
  time zone changes and 465, 467
  see also oral contraceptive pill
Contraceptive Research and Development (CONRAD) Program 469
Controlled Drugs (CDs), importing/exporting restrictions 332
controlling the controllable 334, 334
convection, heat 346
  see also controlled convection
Cordylobia 173, 277
cornea
  abrasion see corneal abrasion
  bee sting 443
  foreign body removal 440
  ulceration 437, 440
  ultraviolet light damage 435, 437
corneal abrasion 440, 440
  contact lens-associated 439, 440
  recurrence, air travel and 436
treatment 440
Coronavirus, human 77, 149
  see also SARS (severe acute respiratory syndrome)
corticosteroids
dexamethasone, altitude sickness
  prevention/treatment 340, 340, 341, 343
eczema treatment 186
immunosuppression 508, 508
polymorphic light eruption
  management 190
topical ocular 441
vaccination and 210
Corynebacterium diphtheriae 106, 107, 178
types 106
  cosmic radiation 290–291
co-trimoxazole see trimethoprim–sulfamethoxazole (TMP–SMX)
cough
  fever and 271, 273–274
  in high-altitude pulmonary oedema 343
  high altitude-related 344
  Councilman bodies 83, 83
cramp
  heat 350
  in hyperventilation 295
  craniotomy, air travel following 525
creeps 296
crime
  athletes and 610
  personal safety and 592–593
Crimean–Congo haemorrhagic fever 96, 150
  critical incident stress debriefing (CISD) 454, 549
  critically ill patients
    aeromedical repatriation 406, 407
    see also air ambulance transfers
    on cruise ships 390–391
    evacuation see evacuation
cross-cultural issues 563
  cross-cultural training 542, 543, 562
  Culotus durissus 415, 419
  cruise ship(s) 380–391
  critical care 390–391
  disabled travellers and 382, 585
  health care guidelines 386, 392
  medical facilities 380, 383, 386
  medicine 380
  emergency departments vs. 380, 381
  physicians 380, 386–387, 390
    legal aspects 582–583
    negligence, liability of trip operator 582–583
  pregnant women and 476
  pre-travel planning 391–393
  sanitation programmes 389–390
  shipboard maladies 265–266, 387–390
telemedicine 390–391
  traveller's first-aid kit 382–383, 383
  travel medical insurance 382
cryotherapy, cutaneous larva migrans 169
cryptosporidiosis 149, 198, 198
  risk factors 199–200
  transmission 34
Cryptosporidium hominis 149
Culex mosquitoes 86, 87
Culex tritaeniorhynchus 86
culinary practices
  precautions in athletes 608
  precautions in immunocompromised individuals 34, 34
  traveller's diarrhoea prophylaxis 205, 206
  traveller's diarrhoea risk 200
  see also hygiene measures
cultural competence, acquiring 563, 563
  cultural issues, women and 496–497
cutaneous diphtheria 178
  cutaneous larva migrans 167–169, 277, 279
cutaneous leishmaniasis 112, 169–170, 277
  clinical features 114, 169, 169–170, 170
diagnosis 114–115, 170, 277
epidemiology 113
  New World see New World cutaneous leishmaniasis
  Old World see Old World cutaneous leishmaniasis
treatment 115, 170
  see also leishmaniasis
cyanois 293–294
cyclizine, for sea sickness 388, 388
cyclopentolate 441
Cyclospora cayetanensis 153
Cyclospora infection 153, 198, 274
cytomegalovirus, human 78
cytotoxic drugs 508
Daboia russellii (Russell's vipers) 415, 416, 419
daily disposable contact lenses 439, 440, 527
dalton's law, diving and 364, 365
damages, in medical malpractice 581
dapsone therapy
  snake bites 428
  see also pyrimethamine–dapsone (Maloprim)
deaf travellers 527
death 397, 515, 589, 590
  aid workers 533–534
  cardiac 522–523
certificates 333
diving-related 374, 515
epidemiology 24–25, 25
deportation 333
in-flight 312–315
repatriation of mortal remains 333
debriefing  
critical incident stress (CISD) 545, 549  
returned expatriates 549–550  
deceleration, aircraft 406  
decompression, cabin pressure 298  
decompression collapse 297  
decompression illness, definition 366  
decompression sickness 295, 296–297, 365, 366–368, 438  
causes 296, 298  
definition 366  
in divers 366–368  
fitness to fly 306  
nonallogical examination 367  
outcome 368  
pathophysiology 366–367  
predisposing factors 366  
progress of symptoms 367  
symptoms 296–297, 367, 367, 438  
treatment 297, 367–368  
in-water recompression therapy 375  
deep vein thrombosis see venous thrombosis  
DEET (N,N-diethyl-meta-toluamide)  
malaria prevention 129, 447–448  
in children 448, 540  
in elderly 526  
in pregnancy 489, 493  
schistosomiasis prevention 124  
toxicity 540  
defibrillation, in-flight 310  
defibrillators, automatic advisory external 310  
dehydration  
divers 366  
in hot environment 348–349  
management 349  
see also oral rehydration therapy 363  
signs and symptoms 348  
Deinagkistrodon acutus 415  
delta hepatitis see hepatitis D  
dendrolimiasis 176  
dengue fever 84–86, 150  
clinical features 50, 85, 270, 272, 274  
diagnosis 85  
epidemiology 49–50, 51, 85  
geographical distribution 50, 51, 85  
importation and dissemination risk 21  
management 85  
pathology 85  
prevention 86  
reservoirs of infection 85  
in returned travellers 267, 267  
vaccine 86, 487  
yellow fever vs. 84, 85  
dengue haemorrhagic fever 85  
dengue shock syndrome 85  
dengue virus 84, 85, 150  
dental barotrauma 295, 371  
dental care, immigrant children 458  
depigmentation, vitiligo 194  
Depo-Provera 468  
depression  
in expatriates and aid workers 533, 550  
in migrants and refugees 562  
Dermacentor ticks 180  
dermal hyperpigmentation 193  
dermatitis  
cercarial 123, 176, 278  
chronic actinic 192  
contact 185  
phytophotodermatitis 192  
seborrhoeic 185–186  
see also eczema  
Dermatobia 173, 277  
dermatomyositis 191–192  
dermatophyte infections 181–183  
descent, altitude travel 340, 343  
see also expedition medicine  
detection, travellers 591  
developing countries  
burden of infectious diseases 19–20  
physicians practising medicine in, medico-legal issues 586–587  
road travel 328–329  
travel/tourism to 3–4, 5, 7, 11, 20  
environmental and ethical issues 346  
dexamethasone, altitude sickness 438  
dehydration, travellers on 517, 524  
diabetes mellitus 29, 261, 518–522  
air travel and 437  
altitude travel and 345, 522  
common infections in travellers 520–521  
diving and 373  
guidelines for travellers 518, 519  
identity bracelets/cards 28, 29, 518  
in immigrants 562  
management 29, 521–522  
insulin 29, 521–522  
oraly hypoglycaemics 521  
technological advancements 522  
pre-travel vaccinations 29, 520  
time zone changes and 521  
traveller’s diarrhoea and 29, 517, 519  
trip preparation 518–519, 519  
diabetic retinopathy 437, 519  
dialysis, travellers on 517, 524  
diaphragm, contraceptive 467  
diarrhoea  
in children 72, 200, 274, 450–451, 459  
in expatriates and aid workers 541  
fever and 271, 274  
traveller’s see traveller’s diarrhoea  
in typhoid fever 102  
wattery 197, 274  
see also viral gastroenteritis  
diethylcarbamazine  
loiasis treatment 120, 172  
lymphatic filariasis treatment 120, 279  
Mazzotti test, onchocerciasis 171, 278–279  
in pregnancy 471  
N,N-diethyl-meta-toluamide see DEET  
dihydroartemisinin–piperaquine 130, 143–144, 144  
dimenhydrinate  
in pregnancy 491, 493  
for sea sickness 388, 388  
diphenhydramine  
for sea sickness 388, 388  
for sedation of paediatric travellers 455  
diphenoxylate plus atropine (Lomotil), traveller’s diarrhoea treatment 203  
diphenoxylate, traveller’s diarrhoea treatment 203, 517  
diphtheria 100, 106–107, 452  
antitoxin 107  
clinical features 107, 273  
cutaneous 107, 178  
diagnosis 107  
epidemiology 106–107  
prevention 107  
in returned travellers 273, 275  
treatment 107  
diphtheria vaccine 107, 233  
in pregnancy 479, 480  
see also tetanus, diphtheria and pertussis vaccine
Index 633

disability, physical 35, 527
air travel and 305, 307, 527
The Americans with Disabilities Act 584–585
cruise ship travel and 382, 585
discoid eczema 186
discoid lupus erythematosus (DLE) 191
disease, travel-related
epidemiology 47–53, 592
surveillance see surveillance, travel-related diseases
see also infectious diseases; specific diseases
Dispholidus typus 415
displaced persons 261, 281
internally 556, 557
see also migrants; refugees
disruptive behaviour, air passengers 16, 318–319, 322
disseminated intravascular coagulation (DIC), in heat stroke 352
diuretics 262
Divers Alert Network (DAN) 374
diving 363–375, 437
accidents 374
breathing gas 364
casualty evacuation 374–375
conduct of 365, 365–366
decompression stops 365, 365
depth limits 364
dive computers 374
epilepsy and 525
expedition 375
fitness to dive 372–374
epileptics 525
fitness to fly following 306
medical kits 375, 375
medical problems associated with 364, 364, 366–372
barotrauma 369, 370–372, 437–438
carbon monoxide poisoning 368–369
decompression sickness see decomposition sickness
hypercapnia 369
mask squeeze 369, 370
nitrogen narcosis 365, 368
oxygen toxicity 369
patent foramen ovale 368
suit squeeze 370
physics 364, 364–365, 365
in polar regions 363, 363
in pregnancy 374, 478
pressure changes with increasing depth 364, 364
recreational 363

safety 595
underwater environment 363–364
dizziness, in hyperventilation 295
doctors see physicians
dogs
cutaneous larva migrans and 167–168
guide 527
Rocky Mountain spotted fever and 180
dolphins, lobomycosis 155
domestic animals
infection transmission 155
international movement 266
Dominican Republic, falciparum malaria 51–52
doxycycline
in athletes 608, 609
in children 448, 449
contraindications 137
drug interactions 136
in expatriates and aid workers 539
in immunocompromised travellers 35
leptospirosis prophylaxis 105
Lyme disease treatment 110
lymphatic filariasis treatment 120, 279
malaria prophylaxis 134, 136, 137
in children 448, 449
onchocerciasis treatment 120, 171
oral contraceptive pill and 137, 469
in pregnancy 137, 489, 494, 495
rickettsial infection treatment 104, 181
side effects 136, 137, 262, 609
in traveller’s diarrhoea 203
driving
safety advice 593–594, 594
see also motor vehicle travel
droplet transmission 312
drowning 397, 399, 400, 591
prevention 594, 595
risk-based approach 399
drowsiness, in motion sickness 301
drug-induced conditions
immunosuppression 507–509
see also immunosuppressive therapy
ocular 442–443
skin disorders 193
drug resistance
antiparasitic drug therapy 155
infectious diseases 19, 20, 262
see also antibiotic resistance; specific diseases; specific drugs
drugs see medications
drug transfer
breast milk 495–496
placental 487, 492
dry eye 436
DTP vaccine see tetanus, diphtheria and pertussis vaccine
Dugbe virus 96
duty
physicians see under physicians
to warn, trip operators 584
Duenhage virus 79
DVT see venous thrombosis
dysentery 197
amoebic 274
see also diarrhoea
dyspnoea, in high-altitude pulmonary oedema 343
ear
middle, barotrauma see middle ear
barotrauma
problems in paediatric air passengers 455
ear, nose and throat (ENT) disorders
fitness to dive 373
fitness to fly 306
earth, magnetic field 290
East African trypanosomiasis 115, 116
Ebola Reston 150
Ebola virus 89, 90, 91–92, 150
Ebola virus disease (Ebola haemorrhagic fever) 89, 91–92, 150
experimental prophylaxis and treatment 92
importation and dissemination risk 21
outbreaks 92
prevention 92
ECG see electrocardiography
echinoderm sting 431
Echis 415
Echis carinatus 415
Echis ocellatus 416
economics, of tourism 5–6, 6, 6
‘economy class syndrome’ 319
see also venous thrombosis
etourism 7
ectoparasites 167–176
eczema 185–186
atopic 185, 186
fungal infections and 181–182, 182
discoid 186
eosinophilia and 278
follicular 186
photosensitive 186
post-scabies 174
treatment 186
see also dermatitis
education, pre-travel \textit{see} pre-travel advice

eflornithine, West African trypanosomiasis treatment 116

eggs
allergies, vaccination and 210, 238
raw/undercooked 34

\textit{Ehrlichia chaffeensis} 149

ehrlichiosis, human monocytic elapid snakes
diagnosis of envenoming 419
effects of envenoming 417, 418–419, 420

venomous 415
elderly travellers 6–7, 13, 28, 31–32, 525–527
altitude travel 526
heatstroke 526
hepatitis A 526
hot environments and 347, 526
hypothermia 526
jet lag 526
malaria 526
motion sickness 303, 525–526
pre-travel advice 515

impact on travel medicine 13
travel insurance 401
traveller’s diarrhoea 200, 517
vaccination 32, 526–527
\textit{see also} specific vaccines

yellow fever 527
electrocardiography
changes following prolonged space flight 617
changes following snake envenoming 419
cruise ship travellers 390
telemedicine 309

embolism
arterial gas \textit{see} arterial gas embolism
pulmonary \textit{see} pulmonary embolism
thromboembolism
high altitude-related 344
\textit{see also} venous thrombosis

emergencies
contingency planning 597
on cruise ships 390
evacuation \textit{see} evacuation
expatriates and aid workers 545
in-flight \textit{see} in-flight medical emergencies
management in remote environments 332–333
obstetric 473
travel insurance and 596, 597

emergency contraception 464, 465, 469
Emergency Contraception website 469, 470
emergency departments, cruise ship medicine vs. 380, 381
emergency medical equipment, aircraft 309–310

emerging/re-emerging infectious disease
air transport and 146–147, 312
definition 148
developing countries and 19
epidemiological triangle 148, 149
mass gatherings and 147–148
migrants/mobile populations and 147
outbreak surveillance 156
information sources 158
pathogens 154–155
preparedness/response to 156, 159
railway transport and 147
road transport and 147
sea transport and 147
in visiting friends and relatives (VFR) travellers 568–569
zoones 155–156
\textit{see also} specific diseases/pathogens

emollients, eczema treatment 186

enteropathogenic \textit{Escherichia coli} (ETEC)
in children 454
cholera vaccine cross-protection 220, 239, 454
clinical features 201
epidemiology 199
milk immunoglobulins against 208
vaccines 454, 487

enteroviruses 74
enterovirus infections 74
\textit{see also} hepatitis A; poliomyelitis

envenomation
expedition travellers 332–333
\textit{see also} snake envenoming; spider bites; stings, venomous

environmental risks, travel to developing countries 346

environmental issues, travel to developing countries 146–159
outbreak surveillance 156
mass gatherings and 147–148
epidemiological triangle 148
air transport and 146–147, 312

epidemiology
health risks and travel 19–25
travel-related diseases 47–53, 592
\textit{see also} specific diseases
travel-related injury 397, 588–591
erdimal hyperpigmentation 193
\textit{Epidermophyton} 181
\textit{Epidermophyton floccosum} 181
epilepsy 28, 32, 525
diving and 373
Medic-Alert bracelet/card 28, 32
epinephrine
for bee, wasp and hornet stings 429
in food allergy 31
in snake antivenom reactions 424
in snake envenoming 425
‘Epsom salts’ 571
Epstein–Barr virus 78

equipment
air ambulances 409
resuscitation, aircraft 310
\textit{see also} medical kits
erythema migrans, Lyme disease 109, 109
erythroderma 187
erythromycin  
acline treatment 187  
Legionnaire's disease treatment 101  
in pregnancy 476  
relapsing fever treatment 108  
traveller's diarrhoea prophylaxis 202  
erythropoietin, changes with altitude 337  
eschar 99  
tick bites 174, 174, 180  
typhus 103, 104  
Escherichia coli  
enteroaggregative see enteroaggregative Escherichia coli (EAEC)  
enteropathogenic 197, 198  
enterotoxigenic see enterotoxigenic Escherichia coli (ETEC)  
ethambutol, ocular toxicity 442–443  
ethical practice 573–578  
returned health tourists and 577–578  
in strange land 576, 576–577  
in transit 575–576  
travel planning 574–575  
virtues 573–574, 574  
ethics 573–578  
health tourism see under health tourism  
travel to developing countries 346  
virtue 573–574, 574  
evacuation  
cruise ship travellers 390  
divers 374–375  
extupatriates 545  
extuparadise travellers 329, 332  
polar travellers 353  
with severe hypothermia 356  
pregnant travellers 473, 475  
see also aeromedical repatriation  
evaporation 346  
evolved gas dysbarism 295  
exchange transfusion, in malaria 131, 276  
exercise  
decompression sickness susceptibility and 296  
hypoxia susceptibility and 294  
pregnant women 478  
pre-travel conditioning programme 516  
stress testing 516  
exertional heat illness 351  
treatment 352  
exogenous retroviruses 69  
exotic viruses 89  
extupatriates 261, 531–550  
debriefing 549–550  
definition 531  
morbidity 532–533, 545  
mortality 533–534  
overseas medical care 544–545  
in emergencies 545  
future trends 544–545  
post-return screening and care 545–549  
components 547–549  
evidence for validity 546–547  
indications 547  
purpose of 545–547  
pre-departure assessment 534–537  
medical assessment 534–535  
psychological assessment 535–537  
purpose of screening 534  
pre-departure preparation 538–544  
diarrhoeal diseases 541  
HIV 541–542  
immunisations 538–539  
malaria 539–540  
psychological 542–543  
risk behaviour 541  
safety aspects 543–544  
sexually transmitted diseases 541  
tuberculosis 540–541  
premature attrition 533  
re-entry issues 549–549  
expedition(s)  
definition 328  
diving 375  
performance goals 335  
physical and emotional challenges 333–334  
handling 334, 334–335  
expedition medicine 328–335  
care of individuals not part of expedition 330  
casualty evacuation 329, 332  
dealing with death 333  
during expedition 329–330, 330  
managing medical emergencies 332–333  
medical kits 330–332  
contents 331  
diving expeditions 375, 375  
maintaining 331  
travelling with 331–332  
medical training 332  
post-expedition 330, 330  
pre-expedition 329, 329  
role of medical officer 328–330  
expiration 292  
exposure therapy, fear of flying 317  
extended wear contact lenses 439  
extrêm altitude 336  
see also altitude  
eye(s)  
air travel and 436–437  
barotrauma 437–438  
changes at altitude 344, 437  
drug-induced conditions 442–443  
medications see ocular preparations  
onchocerciasis 171, 443  
protection from sunlight exposure 436  
red 439  
snake venom in 422, 425  
sunlight exposure 434–436  
surgery see ophthalmic surgery  
trauma see ocular trauma  
travel-associated infections affecting 443–444  
see also specific infections  
see also ophthalmic conditions  
eye drops  
stability 442  
see also ocular preparations  
eyelids  
lacerations 442  
ultraviolet light damage 434, 435  
F(ab′), fragments, snake antivenom 423, 423  
Fab fragments, snake antivenom 423, 423  
Faget sign 83  
fainting see syncope  
falciparum malaria see Plasmodium falciparum malaria  
family  
air ambulance transfers and 412  
relationships, impact of air travel 316, 321, 322  
structure, tourism trends and 11  
visiting visiting friends and relatives (VFR) travellers  
Fansidar see sulfadoxine–pyrimethamine (SP) therapy  
fascioliasis 279–280  
fasciomy, in snake envenoming 425  
fatal septicaemia, Vibrio vulnificus 178, 178  
fatigue 299–300  
air crew, management 321  
hypoxia susceptibility and 294  
preservation and management 300  
fear of flying 316–318  
feeding, in traveller's diarrhoea 201  
feet  
care of see foot care  
cutaneous larva migrans 168  
frostbite 358  
heat-related conditions 350–351  
non-freezing cold injury 362
female genital schistosomiasis (FGS) 471
feminine hygiene products 463, 465
fentanyl 332
ferries, safety advice 594
fetus
  effects of diving 478
  effects of high altitude 478
  protection from heat stress 348
fever
  causes 270–274, 271
see also specific causes
  in children 267, 271, 274, 459
common syndrome/disease associations 270–274, 271
  in dengue fever 270, 271
  investigation 274–275, 276
  lymphadenopathy and 272, 273
  in malaria 268, 269
  in neurological syndromes/diseases 272, 274
  in returned travellers see under returned travellers
treatment 275–277
‘fight or flight’ response, air passengers and 318
filariasis 119–120
  consequences of not detecting/treating 281
control 120
diagnosis 120, 279
lymphatic see lymphatic filariasis prevention 120
  in returned travellers 119, 278–279
treatment 120
see also Loa loa infection (loiasis); onchocerciasis
fire ants 175
first aid
  decompression sickness 367
  scorpion stings 426
  snake bites 420–422, 421
  spider bites 428
  training, air crew 310
first-aid kits 382–383, 383, 596
  air craft 309, 310
  expedition travellers 331
see also medical kits
fish stings 429–430
  avoiding 429–430
  clinical features 430
treatment 430
fish-tank granuloma 179, 179
fish, venomous 429
fitness
  to dive see under diving
  to fly 304–307, 306, 516
improving, pre-travel 516
to travel 27–36
fits see seizures
fixed drug eruption 193
flares, solar 290–291
flashers, visual 441
flaviviruses 82, 84, 86
see also specific viruses
flea bites 175, 175
flexural psoriasis 187
Flight Anxiety Situations/Flight Anxiety Modality self-report questionnaires 316
flight crew see air crew
floaters, visual 441
flora, global 149
fluconazole 183
fluid balance, in hot environments 348
fluoroquinolones
  in children 450
contraindications 35
Legionnaire’s disease treatment 101
rickettsial infection treatment 181
traveller’s diarrhoea prophylaxis 207
  in immunocompromised individuals 35
traveller’s diarrhoea treatment 202, 202, 203, 517
typhoid fever treatment 103
flying
  fear of 316–318
see also air travel
folate supplementation 495, 524
follicular eczema 186
folliculitis 176, 176, 186
foot
  see feet
  see also specific diseases
  foot care
    diabetic travellers 520
    in hot environments 350–351
    foramen ovale, patent, in divers 368
    foreign body
      intraocular 441
      removal 441
      cornea 440
forestry workers 264
fractures 524, 591
  air travel and 306
  orbital 442
  skull, air ambulance transfers 408
freshwater swimming
  associated skin conditions 176
  traveller’s diarrhoea risk 200
see also swimming
friends, visiting see visiting friends and relatives (VFR) travellers
frostbite 356, 358–362
  classification 359, 359–360
  clinical presentation 359
  deep 359, 359
  epidemiology 358
  internet service 362
  long-term sequelae 361–362
  pathophysiology 358–359
  risk factors 358, 358
  superficial 359, 359
treatment 360–361
  adjunctive therapies 361
  immediate hospital care 360
  post-thaw care 360–361
  pre-thaw field care phase 360
  surgery 361
  sympathectomy 361
  tissue plasminogen activator (tPA) 361
  vasodilators 361
frostnip 359
fungal diseases
  corneal 440
  emerging pathogens 154–155
  in immunocompromised individuals 154
  skin 181–184
see also specific diseases
funnel-web spider see Atrax robustus (funnel-web spider)
furazolidone, traveller’s diarrhoea treatment 202–203
Fusarium 154
‘Fussiness’ score, in children 339
Gambia, falciparum malaria 53
gametocytes, malaria 126, 127
Ganjam virus 96
Gardasil 214, 224
gas
carriage 292
dysbarism 295–296
embolism, arterial see arterial gas embolism
exchange, in body 291–292
expansion during air travel 405, 406
intestinal tract 295, 408
pneumothorax and 406
laws, diving and 364–365, 365
toxicity, in divers 368–369
gas-filled endotracheal cuffs, air
ambulance transfers 407

gastroenteritis 72
in expedition travellers 328
Salmonella see Salmonella
gastroenteritis
viral see viral gastroenteritis
see also traveller’s diarrhoea
gastrointestinal diseases 524
air ambulance transfers 408
in athletes 608
fitness to fly 306, 524
in schistosomiasis 123
traveller’s diarrhoea risk 200, 524

gastrointestinal tract
barotrauma 295
effects of rapid decompression 298
gas expansion 295, 408
pregnancy-related changes 492

gender differences
acute mountain sickness 339
sea sickness 387
gender-related issues, tropical diseases 470–471
genital herpes 78–79
Geosentinel 159, 546
*Giardia lamblia* infection (giardiasis) 198, 199, 274
in athletes 608
in children 459
prevalence in returned travellers 281
screening 459

ginger
for morning sickness 491, 492
for sea sickness 388, 388
Ginkgo biloba, for altitude sickness 341
‘glandular fever’ infections 272
glaucoma
acute 443
drug-induced 443
hyoscine contraindication 516
post-traumatic 441
Global Dialysis 524
global flora 149
globalisation, effect on tourism 3
Global Programme to Eliminate
Lymphatic Filariasis 120
global warming 7
*Glossina* see tsetse fly
glucocorticoids see corticosteroids
glucose-6-phosphate dehydrogenase
(G6PD) deficiency
in immigrants 562
malaria chemoprophylaxis and 139–140, 449
in schistosomiasis 123

glucose-6-phosphate dehydrogenase
(G6PD) status, primaquine
therapy and 139–140, 449

glucose monitoring, in diabetes 521
at high altitude 522

*Gnathostoma* 155, 171

*Gnathostomiasis* 155, 171–172, 280
gonorrhoea 568
Good Samaritan(s)
in-flight medical emergencies
308–309, 586
laws 581, 586
Gottron’s papules 191
governments, tourism legislation 402
granuloma
fish-tank 179, 179
swimming 179, 179
granuloma annulare 182
Green Cross vaccine 218, 226–227
green monkey disease 91
Guaraní virus 93, 149
guide dogs 527
Guillain–Barré syndrome 225, 227, 231, 239
gums, bleeding, in snake envenoming 418, 418

gut see gastrointestinal tract
guttate psoriasis 177, 177, 187

H2 blockers, traveller’s diarrhoea risk 200
Habu 415
HACE see high-altitude cerebral oedema (HACE)

*Haemagogus* mosquitos 82
haematological malignancies 505, 506, 507, 508, 509
haematological system
effects of hypothermia 355
effects of space flight 618
haematopoietic stem cell transplantation (HSCT) 505–506, 509
haemodialysis 517, 524
haemoglobin 292
oxygen dissociation curve 293, 293

*Haemophilus influenzae* B (Hib) vaccine
in acquired immunodeficiency 506, 507
in asplenic travellers 507
combined hepatitis B vaccine, Australian immunisation schedule 242
immunisation schedules 450
Australia 243, 252–253
UK 214
US 450

in pregnancy 480, 484

haemorrhage
in cruise ship travellers 390
in pregnancy 473
retinal, at high altitude 522
in snake envenoming 418, 418
subarachnoid, air ambulance transfers and 408

haemorrhagic fevers, viral see viral haemorrhagic fevers
Hajj pilgrims 13, 14
influenza A(H1N1)v virus transmission and 148
meningococcal disease and 14, 151, 228, 253, 271
halofantrine 493, 540
hands
frostbite 358
non-freezing cold injury 362
hantavirus infections 149, 273
HAPE see high-altitude pulmonary oedema (HAPE)
hard contact lenses 439, 439
Hazara virus 96
Hazard Analysis Critical Control Point (HACCP) programme 389–390
headache
in acute mountain sickness 337, 338, 338
high-altitude 341–342
in motion sickness 301
in space travellers 615
head injury, air ambulance transfers 408
health care see medical care
Health Care Guidelines for Cruise Ship Medical Facilities 386, 392
healthcare professionals
certifications 585–586
expatriates and aid workers and 544
as Good Samaritans see Good Samaritan(s)
needlestick injuries 264, 266

negligent hiring, trip operator liability 583
travel-related risks 264

virtues 573–574, 574

see also physicians

Health Protection Agency (HPA), UK 39, 39

health risks, travel-related

epidemiology 19–25, 22–25, 23

cohort studies 22–23

field studies 23–24

post-travel illnesses 24, 24

travel-associated mortality 24–25, 25

pre-travel assessment 41–43

see also specific risks

health status, traveller’s 42

health tourism 13, 14, 571–573

benefits and pitfalls 572

‘costs’ 576, 576

definition 571

economics of 572, 572

ethical perspectives 573–574, 574, 576–577, 577

care on return home 577–578

future trends 573

growth of 571–572

history 571

role of travel medicine specialist 572

hearing aids 527

hearing-impaired travellers 527

heart

effects of hypothermia 355

in South American trypanosomiasis 119

in yellow fever 83

heart disease

fitness to travel 29–30

see also cardiovascular disease

heart rate, changes with altitude 337

heat cramps 350

heat exhaustion 351

treatment 352

heat loss 346, 353

heat oedema 350

heat production 353

heat-related conditions, minor 349–351

heat-related illnesses 351–352

risk factors 351

heat stress 347–348

heatstroke 526

heat syncope 350

heat transfer 346, 353

heavy episodic drinking (HED)

sexual risk-taking and 605

see also alcohol consumption

helicopter rescue 589, 597

ruse Ship travellers 390

Henry’s law, diving and 365, 365

Hepacivirus 82

heparin, venous thromboembolism prevention 311, 518

hepatitis A 56–59, 151

active immunisation see hepatitis A vaccine

in children 57, 58, 453, 559

clinical features 57–58

diagnosis 58

in elderly travellers 526

epidemiology 56–57, 221, 559

geographical distribution 57, 221, 221

incubation period 57

management 58

in migrants and refugees 559

care on return home 577–578

in expatriates 538

epidemiology 61–62, 222, 559, 605

in expatriates 559

hepatitis B 59–64, 452

active immunisation see hepatitis B vaccine

in athletes 607

clinical features 63

diagnosis 63

e antigen 61, 62, 63

epidemiology 61–62, 222, 559, 605

in expatriates 538

gastrointestinal symptoms 222

geographical distribution 62, 222, 223

high risk groups 63–64

immune responses 62

immunoglobulin 63, 224

incubation period 62, 263, 264

in migrants and refugees 559, 559

inexpensive 64

in elderly travellers 527

in visiting friends and relatives (VFR) 568

in children 57, 58, 453, 559

in expatriates and aid workers 538

in acquired immunodeficiency 506

in athletes 607, 609

in athletes 607

in acquired immunodeficiency 506

in athletes 607, 609

booster doses 217, 224

in children 63, 64, 224, 249, 252

immunisation schedules 451, 452

combined hepatitis A vaccine see under hepatitis A vaccine

combined Hib vaccine

Australian immunisation schedule 242

US immunisation schedule 240

in diabetic travellers 29, 520

in dialysis patients 524

efficacy 223–224, 262

in elderly travellers 224, 527

in expatriates and aid workers 538

hepatitis D prevention 65

hepatitis D prevention 65

hepatitis D prevention 65
immunisation schedules 452
  Australia 242, 252
  Canada 249
  New Zealand 252
  UK 217, 223
  US 240, 249, 451

in immunocompromised travellers 224
  indications 222–223, 593
  non-response 224
  post-exposure prophylaxis 224

  in pregnancy 481, 485
    reporting/referral agencies 484

  route of administration 212, 213
    UK 217, 223
    US 240, 249

hepatitis B virus (HBV) 55, 59, 59–60
  genome 59–60, 60
  open reading frames 60, 60
  precore mutants 61
  replication 61
  surface antigen see hepatitis B surface antigen (HBsAg)

hepatitis C 67–69, 149, 151
  clinical features 57
  diagnosis 68
  epidemiology 68, 559
  management 69
  in migrants and refugees 559
  pathology 68
  in pregnancy 477
  prevention 69
  reservoir of infection 68
  screening, in children 458
  treatment 69

hepatitis D 64–65
  clinical features 65
  diagnosis 65
  epidemiology 64–65
  prevention 65
  reservoir of infection 65
  treatment 65

hepatitis delta antigen (HDAg) 64

hepatitis delta virus (HDV) 55, 64

hepatitis E 65–67, 151, 266
  clinical features 66
  diagnosis 66
  emergence 151
  epidemiology 66
  management 67
  pathology 66
  in pregnancy 65, 477
  prevention 67
  reservoir of infection 66
  virus (HEV) 55, 66

hepatitis G virus (HGV) 55

hepatitis, viral 55–69
  clinical features 57
  hepatitis A see hepatitis A
  hepatitis B see hepatitis B
  hepatitis C see hepatitis C
  hepatitis D see hepatitis D
  hepatitis E see hepatitis E
  in migrants and refugees 559
  in pregnancy 477
  yellow fever vs. 84

hepatocellular carcinoma 68

hepatomegaly

fever and 273
in malaria 269

herbal remedies, in pregnancy 492

Her Own Way – Advice for the Woman Traveler 497

herpes, genital 78–79

herpes gladiatorum 606

herpes simplex viruses 78
  type 1 (HSV-1) 78
  type 2 (HSV-2) 78

herpesviruses 78

herpes zoster (shingles), in pregnancy 486

herpes zoster vaccine 251–252

high altitude 336
  see also altitude

high-altitude cerebral oedema (HACE) 337–341
  definition 337–338
  epidemiology 339
  pathophysiology 339–340
  prevention 340, 341
  symptoms and signs 338, 338
  treatment 340, 340, 341

high-altitude headache 341–342

high-altitude pulmonary oedema (HAPE) 342–344
  in children 457
  clinical presentation 343
  epidemiology and risk factors 342–343
  pathophysiology 343
  prevention 343
  recurrence rates 342
  treatment 343–344

high-altitude retinopathy 344, 437

high frequency radio communication, aircraft 309

highly active antiretroviral therapy (HAART) 510, 511
  malaria chemoprophylaxis and 512

high-risk travellers 515–528
  information resources 528
  see also specific traveller groups

histidine-rich protein 2, malaria diagnosis 269, 270

Histoplasma capsulatum 154, 183
  history
    medical, expatriates 547
  travel see travel history

HIV (human immunodeficiency virus) 69–70, 155
  drug resistance 71
  laboratory tests 71
  pathogenesis 70–71
  structure 69, 70
  transmission 70
  type 1 (HIV-1) 69, 70
  type 2 (HIV-2) 69, 70
  vaccine development 72

HIV (human immunodeficiency virus) infection 69–72, 151, 265, 592
  acute seroconversion 272
  in athletes 607
  babesiosis coinfection 121
  in children 70
  screening 458
  clinical features 71
  consequences of not detecting/treating 281
  diagnosis 71
  dialysis-associated 524
  epidemiology 21, 21, 70, 592, 605
  in expatriates and aid workers 541–542
  geographical distribution 70
  importation and dissemination risk 21, 21
  malaria chemoprophylaxis and 511, 512
  management 71–72, 510, 511
  in migrants and refugees 560
  pathology 70–71
  post-exposure prophylaxis 464, 542, 593
  in pregnancy 477
  prevention 72, 464
  reservoir of infection 70
  risk to travellers 69, 72, 265
  schistosomiasis association 123
  screening
    children 458
    migrants and refugees 560
human monocytic ehrlichiosis 149
human papillomavirus (HPV) vaccine 224, 453
efficacy 224
immunisation schedules
Australia 243
UK 214, 224
US 249, 451
indications 224, 453
in pregnancy 482, 485
UK 214, 224
US 249
human retroviruses 69
human T-cell lymphotropic virus 1 (HTLV-1) 69
human T-cell lymphotropic virus 2 (HTLV-2) 69
humid environments
pregnant women and 477
skin/foot care 350–351
see also hot environments
humoral immunity
congenital immunodeficiency 504–505
pregnancy-related changes 479
‘hunting response’ 358
hydration, in hot environments 348
hydroxychloroquine
cutaneous reactions 193
malaria prophylaxis 138
ocular toxicity 442
hygiene measures
breast-feeding and 496
contact lens wearers 439, 440
airline 17
hypotension, in snake envenoming 418
hypoferremia, in infants 430
hypoferremia, in pregnancy 482
in children 450
in pregnancy 476
hymenoptera stings 428–429
hyoscine (scopolamine)
contraindications 516, 526
for motion sickness 304
in elderly travellers 525–526
in pregnancy 491, 493
sea sickness 388, 388
side effects 388
hyperbaric oxygen therapy (HBO), frostbite 361
hypercapnia, in divers 369
hyperpigmentation
melasma 193
post-inflammatory 193
hypertension
altitude travel and 345
fitness to dive and 373
in immigrants 562
hyperventilation 294–295
definition 294
factors inducing 294
in hypoxia 294–295
symptoms 295
hyperventilation syndrome 294, 294
hypochondria 173
hypoglycaemia
avoidance in diabetic travellers 29
in falciparum malaria 128, 128, 275
in returned travellers 275
hypoglycaemia 349
hypopigmentation, post-inflammatory 193–194
hypopigmentation, post-inflammatory 193–194
hypofibrinogenemia 506
hypotension, in snake envenoming 418
hypothalamus, in thermoregulation 346, 353
hypothermia 353–356
classification 354
definition 353–354
effects 355
in elderly travellers 526
mild 354
management 356
moderate 354
severe 354–355
management 356, 357, 358
hypothermia 353, 356, 357, 358
treatment 355, 356, 357, 358
metabolic effects 355–356
hypoxia 293–294
decompression sickness susceptibility and 296
definition 293
factors increasing susceptibility 294
immigrants 361
iloprost, frostbite management 361
illicit drug use 265, 591
IgA deficiency, congenital 505
idiopathic thrombocytopenic purpura (ITP), following MMR vaccination 227
immunisation
active 209
cruise ship travellers 382, 383
definition 209
drug-induced 507–509
in organ transplant recipients 507
in pregnancy 479
in solid tumour disease 507
see also immunodeficiency
immunosuppressive therapy 508, 508–509
emerging bacterial pathogens and 154
vaccination and 210, 508, 509
Impact of Event Scale (IES) 533
impaired judgement, in hypoxia 293
Implanon 468
implanted cardiac devices 523
inactivated polio vaccine (IPV) 75,
230–231
efficacy 231
immunisation schedules 452
Australia 245
UK 215, 230
US 241, 451
in pregnancy 481, 485
incontinence, urinary, women 463
incubation periods 262, 263, 264
indemnity, in-flight medical emergencies 308
infants
air ambulance transfers 409
air travel and 455, 456
chronic altitude exposure 457
drug transfer in breast milk 496
see also children; neonates
infections
bacterial see bacterial infections
in diabetic travellers 520–521
fungal see fungal diseases
opportunitic, in HIV infection 71
skin see skin diseases
in space travellers 619
susceptibility to 261–262
immunocompromised travellers 34–35, 505
infectious diseases
case-fatality rate 536
contagious, fitness to travel and 35
drug resistance 19, 20
emerging/re-emerging see emerging/re-emerging infectious disease
epidemiological triangle 148, 148
exclusion from blood donation 281, 282
in expatriates and aid workers 532, 534, 546
fitness to fly 306
gender-related issues 470–471
global burden 19–20, 20
importation and spread 20–22
incubation periods 262, 263, 264
infections
bacterial see bacterial infections
in diabetic travellers 520–521
fungal see fungal diseases
opportunitic, in HIV infection 71
skin see skin diseases
in space travellers 619
susceptibility to 261–262
immunocompromised travellers 34–35, 505
infectious diseases
case-fatality rate 536
contagious, fitness to travel and 35
drug resistance 19, 20
emerging/re-emerging see emerging/re-emerging infectious disease
epidemiological triangle 148, 148
exclusion from blood donation 281, 282
in expatriates and aid workers 532, 534, 546
fitness to fly 306
gender-related issues 470–471
global burden 19–20, 20
importation and spread 20–22
incubation periods 262, 263, 264
infections
bacterial see bacterial infections
in diabetic travellers 520–521
fungal see fungal diseases
opportunitic, in HIV infection 71
skin see skin diseases
in space travellers 619
susceptibility to 261–262
immunocompromised travellers 34–35, 505
infectious diseases
case-fatality rate 536
contagious, fitness to travel and 35
drug resistance 19, 20
emerging/re-emerging see emerging/re-emerging infectious disease
epidemiological triangle 148, 148
exclusion from blood donation 281, 282
in expatriates and aid workers 532, 534, 546
fitness to fly 306
gender-related issues 470–471
global burden 19–20, 20
importation and spread 20–22
incubation periods 262, 263, 264
infections
bacterial see bacterial infections
in diabetic travellers 520–521
fungal see fungal diseases
opportunitic, in HIV infection 71
skin see skin diseases
in space travellers 619
susceptibility to 261–262
immunocompromised travellers 34–35, 505
infectious diseases
case-fatality rate 536
contagious, fitness to travel and 35
drug resistance 19, 20
emerging/re-emerging see emerging/re-emerging infectious disease
epidemiological triangle 148, 148
exclusion from blood donation 281, 282
in expatriates and aid workers 532, 534, 546
fitness to fly 306
gender-related issues 470–471
global burden 19–20, 20
importation and spread 20–22
incubation periods 262, 263, 264
migrants and refugees see under migrants (immigrants)
risk estimates 50–51
risk, exposure behaviour and 265
sports travel and 606–609
surveillance 47–48
outbreak 156, 158
see also surveillance, travel-related diseases
transmission
aircraft 17, 265, 311–312
cruise ships 147, 265–266
tropical 19–20, 21
migration and 20–22, 21
vaccine-preventable 209–255
in elderly travellers 526–527
in visiting friends and relatives (VFR) travellers 568
see also immunisation; vaccination in visiting friends and relatives (VFR) travellers 7, 147, 567–569
see also specific diseases
Infectious Diseases Society of America (IDSA) 38–39
infectious hepatitis see hepatitis A
infertility, parasitic infection and 470, 471
in-flight medical emergencies 265, 304, 307–310
aircraft emergency medical equipment 309–310
aircraft medical diversion 309 definition 307
ethical perspectives 575–576
Good Samaritans 308–309, 586
incidence 307–308, 308
resuscitation equipment 310
telemedicine 309
infl iximab 509
infl uenza 63, 75–77, 225
in air passengers 265
antigenic drift 76, 225
antigenic shift 75, 225
clinical features 76
cruise ship outbreaks 265, 389
diagnosis 76
epidemiology 76
geographical distribution 76
high-risk groups 77
management 76–77
pandemics 225, 312, 608
see also infl uenza A(H1N1)v
pathology 76
in pregnancy 485
prevention 77
reservoir of infection 76
viruses 75–76
infl uenza A(H1N1)v 146, 150, 155, 225, 312
gene tic origins 155, 156
infect on on tourism 10
vaccine
Australian immunisation schedule 248
in children 226
UK immunisation schedule 218, 225–226
US immunisation schedule 249
virus transmission, mass gatherings and 148
infl uenza A(H5N1) virus, avian 76, 150, 225, 312
genetic origins 155, 156
impact on tourism 10
vaccine
Australian immunisation schedule 248
in children 226
UK immunisation schedule 218, 225–226
US immunisation schedule 249
virus transmission, mass gatherings and 148
infl uenza A(H1N1)v 146, 150, 155, 225, 312
genetic origins 155, 156
impact on tourism 10
vaccine
Australian immunisation schedule 248
in children 226
UK immunisation schedule 218, 225–226
US immunisation schedule 249
virus transmission, mass gatherings and 148
mortality 25, 397, 589, 590
motor vehicle accidents see motor vehicle accidents
pre-travel advice 401, 592–595
prevention 399–401
in children 455–456
in space 619
tourism industry approach 401
transportation accidents 589–591
see also motor vehicle accidents
inner ear barotrauma 371
infl uenza inacquainted, air ambulance transfers 408
insect bites 174–175
see also specific insects
insecticides
blackfly control 120
flea control 175
mosquito control 84, 86, 87–88, 129
topical, in pregnancy 489–490, 493
tri atomine bug control 119
see also specific insecticides
insecticide-treated bednets 129, 130
inspiration 292
insurance
physicians 585
trip operators 585
insurance, travel 35, 401–402, 585, 588, 596
adventure travellers 402
criminal incidents and 593
cruise ship travellers 382
details, personal medical information form 384
divers 364
elderly travellers 401
emergency assistance and 596, 597
expedition travellers 329
high-risk travellers 517
pregnant travellers 31, 473
pre-travel advice 596
repatriation services and 404, 545, 597
intentional injuries 591
interferon therapy
hepatitis B 63
hepatitis C 69
hepatitis D 65
internally displaced persons (IDPs) 556, 557
International Association for Medical Assistance to Travellers (IAMAT) 35, 475, 517
International Certificate of Vaccination and Prophylaxis (ICVP), yellow fever 237, 238
International Commission on Radiological Protection (ICRP) 291
International Committee of the Red Cross (ICRC) 532
International Council of Cruise Lines (ICCL) 386
International Organization for Migration (IOM) 556
International Planned Parenthood Federation (IPPF) 469, 470
International Society of Travel Medicine (ISTM) 38, 39, 39
Certificate in Travel Health 585
International Space Station 613–614
International Standard Atmosphere 290
internet impact on travel medicine 14
information resources see websites
virtual opinions, on frostbite 362
interpreters 563
interstitial emphysema, in divers 372
interview, psychological assessment 537
intracranial pressure (ICP) effect of microgravity 615
elevated, in altitude illness 339–340
increased, air travel and 525
intradermal injection, vaccines 212–213
intramuscular injection, vaccines 212
intraocular foreign body (IOFB) 441
intrauterine contraceptive devices emergency contraception 469
in-water recompression 375
irritant contact dermatitis 185
Irukandji syndrome 430, 431
ischaemic heart disease in immigrants 562
see also cardiovascular disease
ischaemic stroke, altitude travel and 525
isolation 266, 275
isoniazid in children 458
in expatriates and aid workers 541
itching see pruritus
itinerary, review of 42–43
itraconazole 183
ivermectin cutaneous larva migrans treatment 169
gnathostomiasis treatment 172
loiasis treatment 172
onchocerciasis treatment 120, 171, 279
in pregnancy 471
scabies treatment 174
IXIARO vaccine 218, 226, 227
Ixodes bite avoidance 121
control measures 121
Ixodes dammini 121
Ixodes persulcatus 88
Ixodes ricinus 88, 121
Ixodes trianguliceps 121
jails 591
Japanese encephalitis 86–87
clinical features 86–87
in diabetic travellers 520
diagnosis 87
epidemiology 86, 226
geographical distribution 86, 86, 226, 226
pathology 86
in pregnancy 485
prevention 87
treatment 87
virus 86
Japanese encephalitis vaccine 87, 226–227, 249, 253
in athletes 609
booster doses 218, 227
Canadian vaccine 249
in children 227, 452, 454
efficacy 227
in expatriates and aid workers 538
immunisation schedules
Australia 248, 253
UK 218, 227
US 241, 249
indications 226, 454
in pregnancy 481, 485
side effects 226–227
UK vaccine 218, 226–227
US vaccine 241, 249, 454
Jarisch–Herxheimer reaction 107, 108
jaundice
fever and 272, 273
in hepatitis A 57, 272
in malaria 268
in yellow fever 84
jellyfish 430, 430, 595
antivenom 431
stings 430–431
jet lag 16, 299, 320–321, 602, 605
in athletes 605
in children 455
in elderly travellers 526
management 320–321, 526, 605
in pregnancy 492
symptoms 320, 605
‘jiggers flea’ (Tunga penetrans) 172–173, 277–278
judgement, impaired, in hypoxia 293
jungle environment 346
foot care 350–351
see also hot environments
jungle yellow fever 82
see also yellow fever
Junin virus 93, 94
kala-azar see visceral leishmaniasis
(kala-azar)
Kaposi sarcoma 184, 185
Katayama fever 123, 278
keratitis 435
solar 350
keratolysis, pitting 350–351
keratosis, actinic see actinic keratosis
kerion 182, 182
ketamine 332
kidnapping, aid workers 543
kidney diseases 524
air ambulance transfers 408
see also renal failure
kidneys
pregnancy-related changes 492
in yellow fever 83
kindness, travel medicine professionals 257
Kinotop plastidea 112
kissing bugs see triatomine bugs
kraits 415
effects of envenoming 419
Kyasanur Forest disease virus 88
laboratories, disease transmission and 266
laboratory investigations 266
in expatriates and aid workers 547–548
see also specific diseases; specific investigations
Labrador keratitis 435
Labrea black fever 65
Lacazia loboi 155
lacrimal system injuries 442
lactase deficiency, transient 274
lactate dehydrogenase (LDH), malaria diagnosis 269, 270
lymphocytic choriomeningitis virus 93
lyssaviruses, rabies-related 79, 149, 151

Machupo virus 93, 94
Madura foot 167
magnetic fields 290
malaria 126–132, 153, 261, 592
‘airport malaria’ 146, 266
in athletes 609
chemoprophylaxis see malaria
chemoprophylaxis
in children see under children
clinical features 127–128, 128, 268–269
control, future considerations 131–132
diagnosis 269–270, 270
common errors 268
drug resistance see under antimalarial agents
in elderly travellers 526
epidemiology 20, 21, 48, 48–49, 49
in expatriates and aid workers 268, 539–540
falciparum see Plasmodium falciparum malaria
fever in 268, 269
geographical distributions of parasites 126
in HIV-infected travellers 512
immune-modulating drugs and
509
immunity 127
in immunocompromised travellers 34–35, 507
importation and dissemination risk 20, 21
information resources for travellers and physicians 132
in migrants and refugees 560
mortality 129, 267, 268
parasite life cycle 126, 127
Plasmodium falciparum see Plasmodium falciparum malaria
Plasmodium knowlesi see under Plasmodium knowlesi
Plasmodium malariae see under Plasmodium malariae
Plasmodium ovale see under Plasmodium ovale
Plasmodium vivax see under Plasmodium vivax
post-travel advice 281
in pregnancy see under pregnant women
presumptive anti-relapse therapy
(PART) 139
prevention 34–35, 129–130
‘ABCD’ approach 129, 129
in children 447–450, 540
mosquito bite avoidance 129–130,
447–448
pregnant travellers 31, 129, 487,
493–495
see also malaria chemoprophylaxis
re-emergence 153
in returned travellers 128–129, 267–270,
567
diagnosis 269–270, 270
screening 281
UK 267, 267–268
risk assessment 42
risk factors 261, 539
risk-taking behaviour 324, 325
self-diagnosis 540
severe 127–128, 128

treatment 131, 131, 275–277
see also Plasmodium falciparum malaria
transmission risk 134–135
treatment 130–131, 275–277
in children 448–449, 459
common errors 268
imported malaria 130–131, 131
in malaria-endemic countries 130
in pregnancy 131, 495
standby emergency (SBET)
143–144, 144, 495, 540
urgent 99
see also antimalarial agents
vaccine 132, 449–450, 454, 487
in visiting friends and relatives (VFR)
travellers 560, 567
malaria chemoprophylaxis 133–140,
136
in asplenic travellers 507
in athletes 608, 609
breast-feeding and 496
in children 448, 448–449, 540
conception and 495
elderly travellers 526
epileptic travellers 32
in expatriates and aid workers 539
guidelines 130
in HIV-infected travellers 511, 512
immunocompromised travellers 35
in migrants and refugees 560
in organ transplant recipients 507
Plasmodium falciparum malaria
133–138, 136, 139
Plasmodium knowlesi malaria 140
Plasmodium malariae malaria 140
Plasmodium ovale malaria 138–140
Plasmodium vivax malaria 138–140
in pregnancy 31, 134, 136, 488–489,
493–495
presentation of malaria and 268
pre-travel advice 42
rabies vaccination and 81, 232,
454
in renal impairment 524
safety 539–540
see also specific drugs
Malarone see atovaquone–proguanil
(Malarone)
Malassezia furfur infection 182, 183
treatment 183
malasseziosis 182–183, 183
Malayan pit vipers 415, 416, 417
mal de débarquement 388
mal de débarquement syndrome (MDDS) 388
malignancies see cancer
malignant melanoma 189–190
eyelid 434
incidence 189, 189
‘mal morado’ 171
Maloprim see pyrimethamine–dapsone
(Maloprim)
malpractice see medical malpractice
mambas 415
Mamushi 415
Mantoux test see tuberculin skin testing
Marburg virus 89, 90, 90–91
Marburg virus disease (Marburg haemorrhagic fever) 89–91,
150
Marie Stopes International 469
marine bites/stings, pre-travel safety advice 395
marital relationships, expatriates 537
mask squeeze, in divers 369, 370
mass gatherings, infectious disease and
147–148
Mastomys rats 93
Mazzotti test 171, 278–279
measles 151, 227
outbreaks
athletes and 607
mass gatherings and 147–148
post-exposure prophylaxis 228,
485–486
in pregnancy 485
re-emergence 151
vaccine 227, 451, 453
in athletes 607
in pregnancy 485, 485
see also measles, mumps and rubella
(MMR) vaccine
measles, mumps and rubella (MMR)  
vaccine 210, 227–228, 250, 254, 453  
combined with varicella vaccine 250, 251, 255  
contraindications 227  
efficacy 228  
immunisation schedules  
Australia 243, 254  
Canada 250  
New Zealand 254  
UK 214, 227  
US 250, 451  
in immunocompromised travellers 32, 33, 227  
indication 227  
post-exposure prophylaxis 228  
in pregnancy 227  
side effects 227  
UK vaccine 227  
meat, cooking 34  
mebendazole, in pregnancy 470–471  
Mecca, pilgrimage to see Hajj pilgrims  
meclizine  
for sea sickness 388, 493  
in pregnancy 491, 493  
for sea sickness 388, 493  
medical assistance agencies 475  
medical care  
abroad, finding 517  
cruise ships 383, 386–387  
expatriates and aid workers 544–545  
migrants and refugees 558–564  
medical clearance, trip participants 584  
medical conditions, pre-existing  
altitude travel and 344–345  
athletes 601  
contraindications to travel 515, 516  
cruise ship travellers 381–382  
expatriates and aid workers 534, 535  
extrip travel and 329  
fitness to dive, assessment 372–374  
fitness to fly, assessment 304–307, 306  
fitness to travel 28, 35, 515  
information provision to trip operators 584  
insurance cover 35, 382  
pre-travel planning 515  
space travel and 619, 619  
water-related injuries and 591  
see also specific medical conditions  
medical documentation  
legal aspects 587  
see also medical records  
Medic-Alert bracelets/cards 597  
allergic travellers 28, 31  
diabetic travellers 28, 29, 518  
epileptic travellers 28, 32  
medical facilities, cruise ships 380, 383, 386  
medical history, expatriates 547  
medical information form  
air travel (MEDIF) 305, 306  
cruise ship travellers 383, 384–385  
medical kits 516, 596  
air ambulances 409, 410, 410  
air craft 309, 310  
for athletes 602, 603, 604  
for children 456  
extrip participants see under expedition  
medicine  
pregnant travellers 496  
recommended contents 596  
medical malpractice 579–581  
breach of duty 580  
causation 580–581  
damages 581  
medical officer, expedition 328–330  
high-risk travellers 517  
patient access 544  
pregnant travellers 473  
in travellers with pre-existing medical conditions 28, 517  
medical standards, fitness to dive 372–374  
medical students, global health and 575  
medical supplies  
travelling with 516  
see also medical kits; medications  
travel medicine specialists 328–330  
medical transfers, by air ambulance 328–330  
medical records  
high-risk travellers 517  
patient access 544  
pregnant travellers 473  
in travellers with pre-existing medical conditions 28, 517  
medica-legal issues, travel medicine 579–587  
exposure reduction 583–585  
medical malpractice see medical malpractice  
practical considerations 585–587  
Mediterranean spotted fever 103, 180  
mefloquine 35  
breast-feeding and 496  
in children 448, 448–449  
contraindications 135, 136, 448–449, 524  
drug interactions 136  
expatriates and aid workers 539  
in HIV infection 512  
malaria prophylaxis 134, 135, 136, 137  
malaria treatment 130–131, 131  
in pregnancy 135, 136, 488, 494, 540  
resistance 128, 133  
side effects 42, 135, 136, 262, 539  
melanocytes 350  
melanoma see malignant melanoma  
melarsoprol, African trypanosomiasis treatment 116  
melasma 193  
melanotin 300, 320  
jet lag management 300, 320–321, 526  
in athletes 605  
in children 455  
melioidosis 100, 108–109, 152, 521  
diabetes and 261, 521  
memory genomes, RNA viruses 154  
memory impairment, in hypoxia 293  
meningitis  
belt, Africa 99, 227, 254, 609  
fever and 272  
meningococcal see meningococcal disease  
meningococcal disease 151, 228, 253, 271  
epidermics 253  
epidemiology 228, 228  
Hajj pilgrims and 14, 151, 228, 253, 271  
in migrants and refugees 561  
outbreaks 14, 151, 561, 607–608  
meningococcal vaccines 228–229, 249–250, 253, 609  
in athletes 608, 609  
in children 229, 452, 453, 454  
erythema 229  
immunisation schedules  
Australia 244, 253  
Canada 250  
UK 215, 219, 229  
US 214, 249–250, 453
indication 228–229
in pregnancy 480, 484
reporting/referral agencies 484
types 229, 253, 454
Australia 253
Canada 250
New Zealand 253
UK 229, 253
US 249–250, 453
menopause 466
menstrual products 463, 465
menstruation 463, 465
mental health
air crew 321–322
migrants and refugees 558, 562
mental illness see psychiatric disorders
mental incoordination, in hypoxia 293
‘mental toughness’ 334
merozoites 126, 127
metabolism, effects of hypothermia 355
methanol poisoning 443
methicillin-resistant Staphylococcus aureus (MRSA) 154
community-acquired 606–607
in diabetes 520
methoxyflurane 332
metoclopramide, for sea sickness 388, 388
microgravity
definition 614
effects 615, 616, 619
acute 615
cardiovascular 616–617, 617
chronic 615–618
haematological 618
immunological 618
intracranial pressure 615
musculoskeletal system 617–618
neurovestibular system 618
see also space travel
microsporidiosis 149
Microsporum 181
middle ear barotrauma 371
air travellers 295
divers 370–371
grades of damage 370, 371
prevention 295, 370
symptoms 370
treatment 371
mifepristone 469
migraine headache 525
migrants (immigrants) 3, 7, 261, 556–564
children see children, immigrant
Chinese immigrants, falciparum malaria 52
effects of violence 562
factors affecting health 557–558
health care 558–564
illegal 557
infectious diseases 7, 147, 261, 558, 559–561
transmission and spread 20–22, 21, 561
see also specific diseases
international trafficking 557, 557
medical screening 558
treatment vs. 282
mental health 558, 562
non-infectious diseases 561–562
numbers and trends 20, 21, 556–557, 557
return home 558
screening, asymptomatic individuals 458–459, 459
travellers vs. 556
migration
figures and trends 20, 21, 21, 556–557, 557
journey phase 557
postmigration environment 558
predeparture phase 557
process, health impact 557–558
rural–urban 557
see also space travel
miliaria 186
milia rubra 350
military personnel 20, 264
leishmaniasis 113, 114
prevention 115
leptospirosis risk 105
milk, tick-borne encephalitis transmission 88
millipedes 175–176
Minnesota Multiphasic Personality Inventory (MMPI) 536
missionaries 531
malaria chemoprophylaxis 539
post-return screening 546
pre-departure assessment 534
psychological 533, 536
premature attrition 533
psychological problems 532–533
psychological training and preparation 542
tuberculosis risk 541
MMR vaccine see measles, mumps and rubella (MMR) vaccine
mobile populations
emerging infectious disease and 147
see also migrants (immigrants)
Mokola virus 79
molluscum contagiosum 184, 185
monkeys, African green 89, 91
monthly disposable contact lenses 439, 440
morbidty, travel-related 589
Morbillivirus 151
see also measles
morphine 332
morphoeic basal cell carcinoma 189
mortality see death
mosquitos
bite avoidance 129–130, 447–448
chikungunya transmission 88
control measures 84, 86, 87–88, 129
dengue fever transmission 85
Japanese encephalitis 86
malaria transmission 126, 127
nets see bednets
Rift Valley fever transmission 94
St Louis encephalitis transmission 87
yellow fever transmission 82, 83
moths 176
motion sickness 300–304
adaptation 301, 303, 304, 387
in aeromedical repatriation 408
aetiology 301–302, 387
in children 303, 455
in elderly travellers 303, 525–526
fear of flying and 316
incidence 301
individual susceptibility 302–303, 387
in pregnancy 491, 492–493
prevention and treatment 303–304
space 615, 618
symptoms and signs 301, 387
see also sea sickness
motorcycle(s)
accidents 24–25, 589
aid workers 534
pregnant women and 476
safety advice 593
motor vehicle accidents 400–401, 475, 589–591
aid workers 534
deaths 24, 515
epidemiology 24–25, 397, 589–591
prevention 400–401
risk analysis 400
motor vehicle travel
athletes 610
with children 454, 455
developing worlds 328–329
hire vehicles 594
infectious disease transmission and 147
pregnant women 475–476
risk analysis 400
safety advice 593–594, 594
mountain climbing 522
see also altitude travel; expedition medicine
mountain sickness, acute see acute mountain sickness (AMS)
mouth ulcers 262
MRSA see methicillin-resistant Staphylococcus aureus (MRSA)
mud huts 108, 172
muggings 591, 592–593
mumps 151, 227, 453
outbreaks 151
in pregnancy 485
see also measles, mumps and rubella (MMR) vaccine
Murine typhus 181
muscular incoordination, in hypoxia 293
musculoskeletal system
effects of prolonged space travel 617–618
injuries 589
expedition travellers 328
myalgia, fever and 271
mycobacterial infections
management 179
skin 179, 179
see also tuberculosis
Mycobacterium marinum infection 179, 179
Mycobacterium tuberculosis 179
see also tuberculosis
Mycobacterium ulcerans 179
mycolactone 179
mycosis, systemic, skin manifestations 183–184
myiasis 173, 277
myocardial infarction 522
in cruise ship travellers 390
fitness to travel following 29, 30
see also cardiovascular disease
myotoxicity, in snake envenoming 419
nail infections, fungal 181, 182, 183
Nairobi sheep disease virus 96
Nairovirus 96
Naja 415
Naja kaouthia 416
Naja katiensis 417
Naja mossambica 417
Naja nigricollis 417
Naja pallida 417
National Travel Health Network and Centre (NaTHNaC), UK 39, 132
nature reserves 595
nausea
in motion sickness 301
oral contraceptive pill and 466
necrosis, snake bite-associated 417, 417, 418, 425
needles
travel with 29
letter of authorisation 29, 30
vaccine administration 212
needlestick injuries 264, 266
negligence 579
Good Samaritan immunity 581
hired physicians, trip operator liability 583
see also medical malpractice
Neisseria meningitidis 151
see also meningococcal disease
eumatode infections 274, 278
see also specific infections
neonates
air ambulance transfers 409
fitness to fly 306
see also children; infants
neurological disorders 524
African trypanosomiasis 172
air ambulance transfers 408–409
fever and 272, 274
at high-altitude 341–342, 344
yellow fever vaccine-associated 238–239
neurological examination, decompression sickness 367
neurotic reactions, motion sickness and 303
neuraminidase inhibitors, influenza prophylaxis/treatment 76–77
neurocysticercosis 280, 560
neurological disorders 524
African trypanosomiasis 172
air ambulance transfers 408–409
fever and 272, 274
at high-altitude 341–342, 344
yellow fever vaccine-associated 238–239
neurological examination, decompression sickness 367
neurotic reactions, motion sickness and 303
neurotoxic snake bite reactions 418–419, 419
management 422, 423, 425
neurovestibular system, effects of space flight 618
neutropenia 275
neutrophilia 275
New World cutaneous leishmaniasis (NWCL) 112, 169, 170, 170
epidemiology 114
prevention 115
treatment 115, 170
see also cutaneous leishmaniasis
New Zealand, immunisation schedule 252–255
nifedipine
for high-altitude pulmonary oedema 343
for motion sickness 304
for scorpion stings 427
nifurtimox, South American trypanosomiasis treatment 119
Nipah virus 149
nitazoxanide, in traveller’s diarrhoea 198, 207
nitrogen absorption in divers 365, 366, 368
in decompression sickness 295, 296, 365, 366–367
partial pressure, depth underwater and 364, 367
nitrogen narcosis 365, 368
nodular basal cell carcinoma 189
non-freezing cold injury (NFCI) 362
non-steroidal anti-inflammatory drugs (NSAIDs)
decompression sickness therapy 367
hyponatraemia risk and 349
in pregnancy 492
non-tuberculous mycobacterium (NTM) 548
norfloxacin
traveller’s diarrhoea prophylaxis 207
traveller’s diarrhoea treatment 202, 202
noroviruses 73
norovirus infection 73, 151, 198, 198
in athletes 608
in cruise ship passengers 266 see also viral gastroenteritis
Noroviruses 73
Norwalk virus 73
nucleoside analogues
hepatitis B treatment 63
hepatitis C treatment 69
nurses
in cruise ship 386, 387
see also healthcare professionals
nutritional deficiencies 562
obesity
decompression sickness susceptibility and 296
diving and 373
in immigrants 562
obstetric patients
air ambulance transfers 409
see also pregnant women
occupational groups
ocular exposure to ultraviolet radiation 434
post-travel checks 281
travel-related risks 264

ocean
rescues 399
travel see cruise ship(s)

ocular preparations
side effects 443
stability 442

ocular trauma 440–442
adnexal tissues 442
barotrauma 437–438
blunt 441–442
corneal abrasion see corneal abrasion
penetrating 441

ocular preparations
side effects 443
stability 442
ocular trauma 440–442
adnexal tissues 442
barotrauma 437–438
blunt 441–442
corneal abrasion see corneal abrasion
penetrating 441

oedema
cerebral
in acute mountain sickness 339–340
high-altitude see high-altitude cerebral oedema (HACE)
high-altitude pulmonary see high-altitude pulmonary oedema (HAPE)
peripheral see peripheral oedema
oestrogen replacement therapy, venous thrombosis risk 470

Office of Population Research 469

ofloxacin
traveller’s diarrhoea prophylaxis 207

traveller’s diarrhoea treatment 202, 202

older travellers see elderly travellers
Old World cutaneous leishmaniasis (OWCL) 112, 113, 169, 169, 170
epidemiology 113
treatment 115, 170
see also cutaneous leishmaniasis

Omsk haemorrhagic fever virus 88

Omphalotrix volvulus 119, 170
onchocerciasis 119, 170–171, 278–279, 443
clinical features 171, 171, 278
control 120
diagnosis 120, 171, 278
prevention 120
in travellers 119
treatment 120, 171, 278–279

onchocerciasis Control Programme (OCP) 120
onchocercomas 171

Oncomelania 121

onychomycosis 181, 182
treatment 183
ophthalmic conditions 434–444
fitness to fly 306
see also eye(s); specific conditions
ophthalmic surgery
barotrauma risk following 438
flying after 436–437, 519
recommended convalescence period prior to diving 438, 438
refractive, high altitude and 437
opiates, importing/exporting restrictions 332
opportunistic infections, in HIV infection 71
oral contraceptive pill 464, 466, 467–468
doxycycline and 137, 469
drug interactions 466, 469
menstrual cycle control 463
missed pills 466
venous thrombosis risk and 470
vomiting and 466
see also contraception
oral health, immigrants 562
oral polio vaccine (OPV) 75, 230, 452
in immunocompromised travellers 32, 33
indication 230
in pregnancy 480, 485
oral rehydration salts (ORS) 349
oral rehydration therapy
heat-related illness 352
traveller’s diarrhoea 201, 450, 457
in diabetic travellers 519
viral gastroenteritis 73
orbital space flight 613
orbit, fracture 442
Organisation for Economic Co-operation and Development (OECD) 531
organ transplants 507
Oriental tsutsugamushi 181

Orihthodoros ticks 107
orthopaedic conditions 524
orthostasis, definition 616
orthostatic intolerance, returning astronauts 616

osteolamivir 77, 608
osteoporosis, space flight-associated 617, 618
osteoprotoguerin 200
outbound tourism 4–5, 5
oxygen
alveolar air 292
atmospheric 290
concentration changes with altitude 336, 336
carriage in body 292
consumption, effects of rewarming 355
dissociation curve 293, 293
exchange 291–292
in ground transfer ambulances 413
in-flight supply 307, 523
air ambulances 408, 409
pregnancy and 31
scheduled 307
supplementary 292–293, 307, 307
lack of see hypoxia
requirements at altitude 291–293
tension (partial pressure) 291–293
alveolar air 292
in hypoxia 406
toxicity, in divers 369

oxygen therapy
altitude illness 340, 343–344
cruise ship travellers 381, 390
decompression sickness 297, 367
hyperbaric, frostbite 361
travellers with cardiorespiratory problems 30, 31

Oxyuranus scutellalus canti 415, 419
oysters, raw 34

ozone 290

pacemakers, cardiac 517
pediatriec travel medicine 447–460
service organisation 459–460
training 460
see also children; infants; neonates

pain
bee, wasp and hornet stings 429
fish stings 430
jellyfish stings 430–431
in non-freezing cold injury 362
scorpion stings 426
spider bites 427, 428
palm civets 77, 78

Pandemrix 218, 225, 226
Panton–Valentine leucocidin (PVL) strains of Staphylococcus aureus 110

Papuan taipan 415
Paracoccidioides brasiliensis 183
paracoccidioidomycosis 184, 184
paragonimiasis 274, 280
paralysis
in poliomyelitis 75
in snake envenoming 418
parasitic diseases
asymptomatic travellers 278, 281
consequences of not detecting/treating 281
emerging pathogens 155
eosinophilia 278, 278–280
in expatriates and aid workers 546
gender-related issues 470–471
in migrants and refugees 560, 560–561
in pregnancy 470–471, 477
prevention in HIV-infected travellers 512
screening, asymptomatic children 485, 489
skin 167–176, 277
traveller’s diarrhoea 198, 198
treatment, resistance 155
vector-borne 112–124
see also specific diseases; specific parasites
paratyphoid fever 102, 273
in visiting friends and relatives (VFR) travellers 568
see also typhoid
parks, wildlife 595
participation agreement 585
passenger profiling 323–324
passive rewarming, in hypothermia 355
patent foramen ovale (PFO), in divers 368
PATH (Program for Appropriate Technology in Health) 469
patient information brochures 43
Peace Corps personnel 532, 534, 537, 538
pesticides, in migrants and refugees 560, 560–561
gender-related issues 563
see also specific parasites
pesticides, in migrants and refugees 560, 560–561
gender-related issues 563
see also specific parasites
personal location beacon (PLB) 329
personal medical information form 383, 384–385
personal relationships, impact of air travel 316, 321, 322
personal safety 592–593
women, pre-travel checklist 466
see also safety
personal travel health record, athletes 602
pertussis, in pregnancy 479
pertussis vaccine 233, 452
acellular 452
see also tetanus, diphtheria and pertussis vaccine
Pestiviruses 82
pets
international movement 266
see also animal(s)
pharmacokinetics, in pregnancy 487, 492
pharyngitis see sore throat
phenothiazines, motion sickness treatment 304
Phlebotomus sandflies 112, 169
Phlebovirus 94
phobia, flying 316–318
Phoneutria nigriventer 419
phototoxicity 193
photodynamic damage 190
photodynamic damage, photosensitivity disorders 190–193
drug-induced 193
see also specific disorders
phototoxicity 193
Physalia 430, 431
physical disability see disability, physical
physical examination, expatriates 547
physical fitness, divers 375
physical stress, expedition travel-related 333
physicians abroad, finding 517
care of migrants and refugees 558–564
certifications 585–586
cruise ships 380, 386–387, 390
cultural competence 563, 563
duty 579–580
breach of 580
see also medical malpractice to rescue 575, 581
expedition medical officers, role of 328–330
as Good Samaritans see Good Samaritan(s)
insurance 585
malpractice see medical malpractice
negligent hiring, trip operator liability 583
practising medicine in developing countries, medico-legal issues 586–587
training for remote environments 332
travel health injury prevention advice 401
training 460
virtue ethics 573–574, 574
see also ethical practice
phytophotodermatitis 192
Picaridin 129, 448
in pregnancy 490
Pichonviridae 56, 74
pigmentation, vulnerability of eyes to ultraviolet light damage and 434
pigs, Japanese encephalitis transmission 87
pilgrimages 13
impact on travel medicine 14
see also Hajj pilgrims
pilot error 319
pineal gland 300, 320
pingueculum 435
pitting keratolysis 350–351
placental drug transfer 487, 492
plague 147, 175, 267, 273
importation and dissemination risk 21
planning, pre-travel see pre-travel planning
plaque psoriasis 187
Plasmodium 126
Plasmodium falciparum 126
drug resistance 42, 128, 131, 153
chloroquine 42, 128, 131
see also chloroquine-resistant malaria
multi-drug 128, 495
geographical distribution 126
life cycle 126, 127
Plasmodium falciparum malaria 126–127, 153
asplenic travellers and 507
chemoprophylaxis 133–138, 136, 139
see also malaria chemoprophylaxis in children 7, 275
in Chinese immigrants 52
clinical features 127–128, 128, 130, 268, 269
detection of sentinel events 51–53
diagnosis 269
in Dominican Republic 51–52
Index 651

in Gambia 53
in HIV-infected travellers 512
mortality 267
in pregnancy 275, 493
in returned travellers 128–129, 130–131, 267, 267–268
treatment 130–131, 131, 275–277, 495
standby emergency (SBET) 143–144, 144
see also malaria
Plasmodium knowlesi 126, 140, 153
malaria 126, 140, 153
prophylaxis 140
see also malaria
Plasmodium malariae 126
geographical distribution 126
malaria 153, 268
chemoprophylaxis 140
in Chinese immigrants 52
see also malaria
Plasmodium knowlesi vs. 140
Plasmodium ovale 126
geographical distribution 126
life cycle 126, 127, 138–139
malaria 153
chemoprophylaxis 138–140
presentation 268
treatment 277
see also malaria
Plasmodium vivax 126
chloroquine resistance 128, 131, 277
life cycle 126, 127, 138–139
malaria 153
chemoprophylaxis 130, 138–140
complications 277
diagnosis 269
in pregnancy 493
in returned travellers 129, 268, 277
treatment 277
see also malaria
pneumocephalus 525
pneumococcal conjugate vaccine (PCV) 229, 230, 254
pneumococcal polysaccharide vaccine (PPV) 229, 230, 254
pneumococcal vaccine 229–230, 250, 254, 609
in acquired immunodeficiency 506
in asplenic travellers 506
Australia 254
in children 229–230, 250, 254, 452–453
efficacy 230
immunisation schedules 452–453
Australia 245, 254
UK 215, 229–230
US 250, 451
indication 229
in older patients 230, 250, 254
in pregnancy 477, 479, 480, 484
UK 229
US 250
pneumomediastinum 523
pneumonia
community-acquired, in diabetes 520
in pregnancy 479
in returned travellers 273
in SARS 78
pneumonitis, transient parasitic 279
pneumothorax 523
air ambulance transfers 407
in divers 371
fitness to dive and 373
poisoning
alcohol, visual effects 443
carbon monoxide see carbon monoxide poisoning
polar medicine 352–363
carbon monoxide poisoning 363
dehydration 363
frostbite see frostbite
hypothermia see hypothermia
non-freezing cold injuries 362
physiology of cold 353
snow blindness 363, 437
sunburn 362–363
polar racing 353
polar regions 353
diving in 363, 363
poliomyelitis 74–75, 151, 452
clinical features 75
diagnosis 75
epidemiology 74
geographical distribution 74, 230, 231
incubation period 74
in pregnancy 485
prevention 75
reservoir of infection 74
polio vaccines 75, 230–231, 452
booster doses 215, 230, 245
in children 451, 452
inactivated see inactivated polio vaccine (IPV)
indication 230
oral see oral polio vaccine (OPV)
in pregnancy 480, 485
types 230
poliovirus 74, 151
political violence, athletes and 610
polymerase chain reaction (PCR)
cutaneous leishmaniasis diagnosis 114–115, 170
malaria diagnosis 269–270, 270
polymorphic light eruption (PLE) 190
pompholyx 186
Pontiac fever 100, 152
porphyria cutanea tarda 192
positional alcohol nystagmus 303
post-inflammatory hyperpigmentation 193
post-inflammatory hypopigmentation 193–194
post-kala-azar dermal leishmaniasis 169
post-scabies eczema 174
post-traumatic stress disorder (PTSD) in expatriates and aid workers 533, 545, 549
in migrants and refugees 558, 562
prevention 549–550
post-travel checks 280–282
children 458–459, 459, 546–547
expatriates see expatriates, post-return screening and care
screening methods 281–282
treatment vs. screening 282
potassium iodide 183
potassium permanganate 177
poultry, cooking 34
Powassan virus 88
praziquantel
in pregnancy 471
schistosomiasis treatment 123, 278
prazosin, scorpion sting treatment 426–427
prednisone, immunosuppression 508, 508
pre-existing medical conditions see medical conditions, pre-existing pregnancy test kits 463
Pregnant Pause 469
pregnant women 28, 31, 471–496
activities/exercise 478
air ambulance transfers 409
air pollution and 477
air travel 31, 472–473, 473–475
fitness to fly 306
in-flight birth 313
altitude travel 477–478
anthelmintics and 470–471
avoidance of travel-associated illnesses 476–477
common symptoms, treatment of 492
complications 473, 474
diving and 374, 478
emergency care 473
environmental considerations 477–478
hepatitis E infection 65
hot environments and 477
immune system changes 479
listeria 477
malaria 128, 261, 493–495, 540
antimalarial drug safety 493, 540
chemoprophylaxis 31, 134, 136, 488–489, 493–495
personal protective measures 31, 129
treatment 131, 495
vaccine 487
medical kit 496
medications 487, 488–491, 492–495
general principles 487, 492
pharmacokinetics 487, 492
see also specific conditions; specific drugs
motion sickness 491, 492–493
motor vehicle travel 475–476
parasitic diseases 470–471, 477
see also specific diseases
physiological changes 492
poliomyelitis 485
pre-travel checklist 466, 472
pre-travel evaluation 471–473, 472
respiratory infections 477
sea travel 476
thermoregulation 347–348
toxoplasmosis 444, 477
transportation risks and preventive measures 473–476
trauma 478
travel contraindications 473, 474
tavel insurance 31, 473
traveller’s diarrhoea 31, 476
unplanned pregnancy 470
vaccination 31, 211, 479, 480–483, 484–487
contraindications 31, 210, 211
general considerations 479
reporting/referral agencies 484
see also specific vaccines
venous thrombosis risk 31, 470, 474–475
viral hepatitis 477
water sports 478
premature infants, air travel 456
premenstrual symptoms 463
premenstrual syndrome 465
prescriptions 516
legal issues 586
pressure
atmospheric see atmospheric pressure
cabin see cabin pressurisation
expedition travel-related 333
handling 334, 334–335
pressure bandaging
cone shell envenoming 431
jellyfish stings 431
snake bites 421, 421
spider bites 428
presumptive anti-relapse therapy (PART), malaria 139
pre-travel advice
air travellers 325
diabetic travellers 518–519, 519
disabled travellers 527
elderly travellers 515
ethical perspectives 574–575
expatriates and aid workers see under expatriates
health tourists 572
high-risk travellers 516
HIV-infected travellers 510–511,
immuno-modulating therapy 509
impact of internet 14
paediatric travellers 460
pregnant travellers 473
safety 592–595
in solid tumour disease 507
traveller’s diarrhoea prophylaxis 42, 205, 206
travel-related injury prevention 401, 592–595
travel to high-altitude destinations 335–336, 345
pre-travel assessment 41–43
air travel 304–307, 306
athletes 601–602
expatriates and aid workers see under expatriates
health status 42
health tourists 572
pregnant women 471–473, 472
review of itinerary 42–43
three basic topics 41–42
travel to high-altitude destinations, patients with pre-existing medical conditions 345
women 463, 464
pre-travel checklists, women 465–466
pregnant 472
pre-travel healthcare
barriers to access in visiting friends and family travellers 569
health tourists 572
pre-travel planning
athletes 601
air travel 391–393
cruise ship travellers 380–383
air passengers 455
diabetic travellers 518–519, 519
ethical perspectives 574–575
expedition travel 329, 329
high-risk travellers 516
pre-existing medical conditions and 515
prickly heat 186, 350
primaquine
breast-feeding and 496
in children 448, 449
malaria therapy 128, 131, 139–140, 277
in pregnancy 489, 494
resistance 277
tafenoquine vs. 140
toxicity 139–140
probiotic preparations
in pregnancy 490
traveller’s diarrhoea prevention 207, 450
procloperazine, for sea sickness 388, 388
profiling, passenger 323–324
progestin-only pill 467
Program for Appropriate Technology in Health (PATH) 469
proguanil
chlooroquine and see chloroquine–proguanil
contraindications 136, 138
drug interactions 136, 138
in expatriates and aid workers 539
malaria prophylaxis 136, 138
in pregnancy 138, 495, 540
in renal impairment 524
side effects 136, 138, 262
see also chloroquine–proguanil
ProMED 39, 40
promethazine, for sea sickness 388, 388
prone position, in retinal detachment 442
Propionibacterium acnes 186
prostate gland hypertrophy, hyoscine contraindication 516
protease inhibitors, HIV treatment 71
proton pump inhibitors, traveller’s diarrhoea risk 200
protozoan infections
in pregnancy 477
see also specific infections
provocative stimulus, motion sickness 302
pruritus
in cutaneous larva migrans 168
in eczema 185
in onchocerciasis 171
in scabies 173, 174
pseudoephedrine, earache prevention in 455
psittacosis 266, 273
psoralens 192
psoriasis 187
flexural 187
guttate 177, 177, 187
plaque 187
pustular 187
treatment 187
psychiatric disorders 32, 524
air ambulance transfers and 409
diving and 373
epidemiology 592
fear of flying and 317
fever and 274
fitness to fly 306
psychological assessment
expatriates and aid workers 535–537
interview 537
psychological interventions
expatriates and aid workers 542–543, 545
fear of flying 317
traumatised refugees 562
psychological problems
air crew 321–322
astronauts 618
expatriates and aid workers 532–533, 545, 546, 549–550
in migrants and refugees 558, 562
returned travellers 274
psychologists, aviation 316, 318, 320
psychology, aviation 315–326
see also specific aspects
psychometric tests, expatriates and aid workers 536
pterygium 435
public health response, emerging infectious disease 159
puce chique 172
puff adder 415
Pulex irritans, bites 175, 175
pulmonary artery
chronic altitude exposure in infancy and 457
in high-altitude pulmonary oedema 343
pulmonary barotrauma
in air travellers 295–296
of ascent 371–372
in divers 371–372
pulmonary disease 523–524
altitude travel and 345
cruise ship passengers 265, 389
fitness to dive 373
fitness to fly 306
fitness to travel 30–31
see also specific diseases
pulmonary embolism 310
air travel-associated risk 265, 311, 518
pulmonary hypertension
in high-altitude pulmonary oedema (HAPE) 343
in infants at high altitude 457
pulmonary oedema, high-altitude see high-altitude pulmonary oedema (HAPE)
pulse oximetry, telemedicine 309
purified protein derivative (PPD), tuberculin 235
see also tuberculin skin testing
pustular psoriasis 187
pyogenic skin infections 176, 176–177, 177
pyomyositis, in diabetes 520
pyrethroids 129, 447
see also permethrin
pyrexia see fever
pyridoxine 491, 492
pyrimethamine–dapsone (Maloprim)
in expatriates and aid workers 539
in pregnancy 489, 494
pyrimethamine–sulfadoxine see sulfadoxine–pyrimethamine (SP) therapy
pyrogenic reactions, snake antivenoms 424
Q fever vaccine 248, 254
qinqhaosu see artemisinins
quality improvement, travel clinic 41
Quantiferon blood test 235
quantitative buffy coat (QBC) technique, malaria diagnosis 270
quasispecies, viral 154
Queensland tick typhus 180
quinine therapy 131, 131
in children 449
efficacy 128
in pregnancy 494, 495
resistance 275
severe malaria 275
rabies 79–81, 151, 231
in children 454, 538
clinical features 80, 274
diagnosis 80–81
epidemiology 80, 231
furious 80
geographical distribution 80, 231, 232
immunoglobulin 81, 231, 233, 254, 538
in pregnancy 483
importation of animals and 266
management 81, 233
paralytic 80
pathology 80
post-exposure prophylaxis 81, 232–233, 250, 538
pre-exposure prophylaxis 81, 232, 538
prevention 81
reservoirs of infection 80, 232
virus 79–80, 233
rabies-like illness 149
rabies vaccines 81, 219, 231–233
in adventure athletes 609
booster doses 219, 232, 248, 250
in children 454
efficacy 232
in expatriates and aid workers 538
immunisation schedules
Australia 248, 254
UK 219, 231–232, 233
US 241, 250
indication 231
malaria chemoprophylaxis and 81, 232, 454
pre-exposure 81, 232–233, 250, 485
post-exposure 81, 232, 454, 485, 538
in pregnancy 481, 485
route of administration 81, 213, 232
side effects 231
UK 231
US 250
radiation, cosmic 290–291
radiation exposure
air travel 290–291, 475
space travel 619
radiation, heat 346
radiography, telemedicine 390–391
railway travel, infectious disease transmission and 147
rapid diagnostic tests (RDTs), malaria 269, 270
rapid eye movement (REM) sleep 299
rashes
drug-induced 193
fever and 272
‘larva currens’ 168, 279, 560
rats
leptospirosis transmission 105
Mastomys, Lassa fever transmission 93
see also rodents
rattlesnakes 415, 419
readjustment, returned expatriates 550
receptivity, motion sickness and 303
recompression therapy 367
in-water 375
red eye 439
red-neck-keel-back snake 415
reduviid bugs see triatomine bugs
re-emerging infectious diseases see emerging/re-emerging infectious disease
're-entry shock' 321
refractive surgery, high altitude and 437
'reframing' 334
refreezing, in frostbite 359
refugees 261, 556–564
infectious disease and 147, 261, 264
medical screening 558
return home 558
traumatised 562
see also migrants
rehydration salts 349
relapsing fever 107–108
louse-borne 107
tick-borne 107
relationships, impact of air travel 316, 321, 322
relatives
air ambulance transfers and 412
visiting see visiting friends and relatives (VFR) travellers
see also family
relaxation techniques, for fear of flying 317
Relenza (zanamivir) 76–77, 608
religious travel 13
impact on travel medicine 14
remote environments
managing medical emergencies 332–333
medical training for 332
see also expeditions
renal failure 524
air ambulance transfers 408
malaria chemoprophylaxis and 524
in snake envenoming 419, 425
rental cars 594
repatriation 403
aeromedical see aeromedical repatriation
expatriates and air workers 545
mortal remains 333
travel insurance and 404, 545, 597
reports, on returned expatriates 549
Reprotox 475
rescue, duty to 575, 581
reserpin, frostbite management 361
resilience, expedition travellers 333–335, 334
respiration 291
changes with altitude 337, 337
control 292
respiratory disease see pulmonary disease
respiratory function, in air ambulance transfers 407
respiratory system
effects of hypothermia 355
pregnancy-related changes 492
respiratory tract infections 273
high altitudes and 344
in pregnancy 477
resuscitation
during air ambulance transfers 412–413
equipment, aircraft 310
retinal detachment
prone position in 442
surgery, flying after 436–437
traumatic 441–442
urgency of repair 441–442
retinal haemorrhage, at high altitude 522
retinoids
acne treatment 187
topical 186, 187
retinopathy
chloroquine 526, 540
diabetic 437, 519
high-altitude 344, 437
hyoscine contraindication 516
retroviruses, human 69
returned travellers 260–282
asymptomatic, tropical disease prevalence in 281
children 458–459
eosinophilia 278, 278–280
epidemiology of post-travel illnesses 24, 24
fever 267–277
investigation 274–275, 276
treatment 275–277
health tourists, ethical perspectives 577–578
malaria in see under malaria
post-travel check see post-travel checks
skin diseases 277–278
travel history see travel history
reverse culture shock 282, 321, 549
rewarming
in frostbite 360
in hypothermia 355–356
Reye syndrome 450
rhabdomyolysis
in heat stroke 352
in snake envenoming 419
Rhabdophis subminiatus 415
Rhabdoviridae 79
ribavirin
hepatitis C treatment 69
in immunocompromised travellers 509
Lassa fever treatment 94
Rickettsia africae 103
Rickettsia akari 180
Rickettsia australis 180
Rickettsia conorii 103, 180
rickettsial infections 103, 103–104, 152, 179
clinical features 104, 271
diagnosis 104, 179–180
emerging 152, 156
epidemiology 103
pathology 104
prevention 104
skin 179–181
spotted fever group 180
tick-borne lymphadenopathy (TIBOLA) 156, 157
transmission 179
treatment 104, 181
typhus group 180–181
see also Rocky Mountain spotted fever; typhus
rickettsialpox 180
Rickettsia mooseri 181
Rickettsia prowazekii 180
Rickettsia rickettsii 103, 180
Rickettsia sibirica 180
Rickettsia slovaca 156
Rickettsia tsutsugamushi 103, 181
rifampicin, oral contraceptive pill and 466
rifaximin
in pregnancy 490
traveller’s diarrhoea prophylaxis 206, 207, 518
traveller’s diarrhoea treatment 202
Rift Valley fever 94–96, 151
clinical features 94
diagnosis 94–95
imported 266
vaccines 95–96
virus 94, 95
rimantadine, influenza prophylaxis 76
ringworm 181, 182, 182
risk
analysis
beach-related trauma 399
motor vehicle accidents 400
assessment, pre-travel see pre-travel assessment
estimates 50–51, 51
evaluation
  beach-related trauma 399
  motor vehicle accidents 400
identification
  beach-related trauma 399
  motor vehicle accidents 400
treatment
  beach-related trauma 399–400
  motor vehicle accidents 400–401
risk-based approach, travel-related injury 398–401
risk-taking behaviour 324–325
  in expatriates 541
rituximab 508, 509
river blindness see onchocerciasis
RNA viruses, memory genomes 154
road travel
  developing worlds 328–329
  infectious disease transmission and 147
see also motor vehicle travel
Rocky Mountain spotted fever 103, 103
  clinical features 104, 180
  treatment 104
rodents
  arenaviruses 93
  babesiosis 121
  rickettsialpox 180
  typhus 181
România's sign 118, 172
rosacea 190–191
rose spots 272
roviruses 72
rotavirus infection 72, 73, 198, 198
see also viral gastroenteritis
rotavirus vaccines 250, 453
  immunisation schedules 453
  Australia 245, 254
  US 250, 451, 453
  side effects 250
  RTS,S vaccine 449–450
rubella 453
  in pregnancy 486
rubella vaccine 227
  in pregnancy 485, 486
see also measles, mumps and rubella (MMR) vaccine
Rubulavirus 151
  see also mumps
rural–urban movements 557
Russell's vipers 415, 416, 419
Russian Spring–Summer encephalitis virus 88, 89
Sabin vaccine see oral polio vaccine (OPV)
safety 588–598
  air passengers 319–320
  athletes 610
  children 455–456
  contingency planning 595–598
  expatriates and aid workers 543–544
  nature reserves 595
  personal 592–593
  pre-travel advice 592–593
  transport 593–594
  travel advisories 595, 595
  water 594, 594–595
  wildlife parks 595
  women 496–497
  pre-travel checklist 466
St Louis encephalitis 87–88
  geographical distribution 87, 87
Salk vaccine see inactivated polio vaccine (IPV)
salmeterol, high-altitude cerebral oedema prevention 343
Salmonella gastroenteritis 198, 266, 389
  epidemiology 199
  in HIV-infected travellers, treatment 35
  see also traveller’s diarrhoea
Salmonella paratyphi 102
Salmonella typhi 102, 197–198
  antibiotic resistance 207, 235
  culture 103
  see also typhoid
Samaritans, Good see Good Samaritan(s)
sandflies
  control measures 115
  leishmaniasis transmission 112–113, 113, 169
sanitation
  cruise ships 389–390
  hot environments 348
  sapoviruses 73
  sapronoses 154–155
  sarcocystic infection 280
Sarcopes scabiei 173
SARS (severe acute respiratory syndrome) 21, 77–78, 149, 312, 569
  air travel and 312
  clinical features 77–78
  epidemiology 77
  impact on tourism 10, 11
  infectious agent 77
  prevention 78
  in visiting friends and relatives (VFR) travellers 561, 569
  satellite communication system (satcom), aircraft 309
  scabies 173–174
Schistosoma haematobium 121, 122, 123, 278
  typhoid coinfection 102
Schistosoma japonicum 121, 122, 123, 278
Schistosomiasis 121–124, 153, 274
  in children 458
  clinical features 123, 176
  consequences of not detecting/treating 281
  control 123
  diagnosis 123, 278
  epidemiology 122
  in travellers 123
  female genital 471
  incubation period 264
  in migrants and refugees 560, 561
  parasite life cycle 121–122, 122
  in pregnancy 477
  prevention 123–124
  in returned travellers 123, 278, 281, 282
  children 458
  prevalence 281
  screening 281
  treatment vs. 282
  treatment 123, 278
  screening vs. 282
Schistosomiasis Control Initiative 123
schizonts 126, 127
scoop stretchers 413, 413
scopolamine see hyoscine
scorpionfish 429
scorpions 425, 426, 426
  scorpion stings 425–427
  antivenom 426
  avoidance 426
  clinical features 426, 426
  epidemiology 425–426
  treatment 426–427
screening
  disease, airports 17
  migrants and refugees 558
  post-return 281–282
  asymptomatic children 458–459, 459, 546–547
  expatriates and aid workers see under expatriates
  methods 281–282
  treatment vs. 282
  predeparture
  expatriates and aid workers 535
  trip participants, legal aspects 584
scrub typhus 103, 181, 271
  clinical features 104, 181
  epidemiology 103
scuba diving see diving
Scytalidium 182
sea anemones 176
seabather's eruption 176
seaborne skin diseases 176
Vibrio vulnificus infection 178, 178
search and rescue (SAR) 597
sea sickness 387–389
in children 387
factors affecting susceptibility 387
incidence 301
prevention and treatment 387–389, 388
see also motion sickness
sea snakes 415
diagnosis of envenoming 419
effects of envenoming 418, 419, 420
sea travel
cruise ships see cruise ship(s)
ferries, safety advice 594
sea urchin stings 431
sea-wasps 430, 430, 431
seborrhoeic dermatitis 185–186
security
athletes 610
aviation 15, 323–324
personal 593
sedation, paediatric travellers 454–455
seizures 524–525
in divers 373
fever and 272
at high-altitude 344
see also epilepsy
self-diagnostic kits, malaria 540
sensitivity, travel medicine professionals 574
sensory loss, in hypoxia 293
sentinel events, detection 51–53
sepsis
community-acquired, melioidosis and 521
post-splenectomy 506
septicaemia, Vibrio vulnificus 178, 178
serological tests
asymptomatic travellers 281
brucellosis 106
dengue fever 85
fever in returned travellers 275
filariasis 120, 279
hepatitis A 58
hepatitis B 63
hepatitis C 68
hepatitis D 65
hepatitis E 66
HIV 71
 legionellosis 101, 273
leptospirosis 105
lupus erythematosus 191
Lyme disease 110
malaria 269, 270
pre-vaccination 211
schistosomiasis 123, 278
tick-borne encephalitis 89
visceral leishmaniasis 115
yellow fever 84
serum hepatitis see hepatitis B
serum sickness reactions, snake antivenoms 424
severe acute respiratory syndrome see SARS (severe acute respiratory syndrome)
severe combined immune deficiency (SCID) 504–505
sex differences see gender differences
sexual assault 593
sexual behaviour, risk-taking 265, 324–325
in athletes 605
in expatriates 541
heavy episodic drinking and 605
sexual health
athletes 605–606
space travellers 619
sexual history 264–265
sexually transmitted diseases (STDs) 265
in adolescents 457–458
in athletes 605–606
in expatriates and aid workers 541
screening 548
in migrants and refugees 560
in military personnel 264
in visiting friends and relatives (VFR) travellers 568
in women 464, 465–466
sexual transmission
genital herpes 78
HIV 70
viral hepatitis 57, 62, 64
sex workers 265
sharks 595
shellfish
hepatitis A risk 57
venomous (cone shells) 431
Shigella dysenteriae 203
multi-drug resistant 152
Shigella infection (shigellosis) 152, 197, 198, 200, 389
in children 459
clinical features 201
treatment 203
vaccine 208
shingles
in pregnancy 486
vaccine see herpes zoster vaccine
ships see cruise ship(s)
shivering, in hypothermia 354
shock, in snake envenoming 418
Shoreland’s EnCompass 517
Siberian tick typhus 180
sickle cell disease 261, 506
effect of hypoxia 345, 524
sickle cell trait, malaria protection 128
simian immunodeficiency virus 70, 135
simulator sickness 301
Simulium see blackflies
sin nombre virus 273
sine barotrauma 295, 371
skeletal muscle, effects of prolonged space travel 617–618
skeleton, function 617
skin care, hot environments 350–351
skin diseases 167–194
bacterial infections 176–179
in diabetic travellers 520
drug-induced 193
frequency in travellers 167, 168
fungal 181–184
in genital herpes 79
heat-related 350–351
malignancies see skin malignancies
parasites, ectoparasites and bites 167–176
returned travellers 277–278
rickettsial 179–181
sun-related see photosensitivity disorders
viral 184–185
see also specific diseases
skin malignancies 188–190
eyelid 434, 435
skin, tanning 350
skin testing, tuberculin see tuberculin skin testing
sleepiness 299–300
sleep 298–300
debt 299
disturbances, at high altitude 342
habits, good 300
at high altitude 342
loss 299
medications see hypnotic drugs
physiology 299
scheduling 300
sleepiness 299–300
see also fatigue
sleeping sickness see African trypanosomiasis
smallpox vaccine, in pregnancy 483, 487
reporting/referral agencies 484
small round viruses (SRVs) 73
smoking 261
hypoxia susceptibility and 294
snail, fresh-water 121–122, 122
snake antivenoms 422–425
choice of 422–423
contraindications 424
dose and administration 423–424,
224
indications for use 422
monospecific vs. polyspecific 423, 424
personal supply 425
production 422–423
reactions 424, 425
types 423, 423
unavailability 425
snake bites 415–425
avoiding 416, 417
epidemiology 416
snake envenoming
antivenoms see snake antivenoms
clinical features 419, 420
diagnosis 419–420, 420
early management 422
first aid and pre-hospital treatment 420–422, 421, 422
initial assessment 422, 422
local 416–418, 417
ocular 422, 425
pathophysiology 416–419
supportive therapy 425
systemic 418–419
snakes
death, handling 422
identification 420
venomous 415
see also specific types
snorkelling 399
see also diving
snow blindness 363, 437
sodium stibogluconate, leishmaniasis treatment 115, 170
soft contact lenses 439
soft tissue infections, in diabetic travellers 520
soil-borne illness, melioidosis 108,
521
solar keratitis 350
solar particle event (SPE) 290–291
solar urticaria 188, 190
solid tumour disease, immunosuppression in 507
drug-induced 509
sore throat
in diphtheria 107
fever and 271, 273
SOS/AEA International 475
South African tick bite fever 103
South American haemorrhagic fevers 94–96
South American trypanosomiasis 172
cardiac complications 119
clinical features 172
congenital 119
control 119
diagnosis 119, 172
epidemiology 119
in migrants and refugees 147, 561
parasite life cycle 118, 118–119
in pregnancy 471
prevention 119
transfusion-associated 118, 119
treatment 119, 172
space adaptation syndrome (SAS) 615
spacecraft, confinement of 614–615
space motion sickness (SMS) 615, 618
space medicine 612–613
space motion sickness (SMS) 615, 618
space station, operations 13, 613
space travel 13, 612–620
boundaries 613, 614
circumlunar 614
confinement and 618
definitions 613–614
environment 612, 613
health problems/issues 14, 614–619
acceleration-associated 615
acute risks 614–615, 615
headache 615
illness/injury in space 619
microgravity exposure see under microgravity
pre-existing medical conditions 619, 619
psychological 618
radiation exposure 619
sexual health 619
space adaptation syndrome/space motion sickness 615, 618
orbital 613
participants 613
space station operations 13, 613–614
suborbital 613
spa holidays 13
spectacles 527
dark (sunglasses) 349, 436
spider bites 175, 427–428
avoiding 427
clinical features 427, 427–428, 428
treatment 428
spiders 427
antivenom 428
black widow see Latrodectus (black widow spiders)
funnel-web see Atrax robustus
Loxosceles see Loxosceles spiders
Phoneutria nigriventer 427, 428
spinal cord injury, air ambulance transfers 408–409
spleen 506
splenectomized travellers see asplenic travellers
splenomegaly
fever and 273
in malaria 269
sponge, contraceptive 467
sporadic typhus 181
Sporothrix schenckii 183
sporotrichosis 183, 183
sports-related travel see athlete(s)
sprue, tropical 274
squamous cell carcinoma (SCC) 189
eyelid 434
staff, travel clinic 37–38, 38
stagers 297
standby emergency treatment (SBET), malaria 143–144, 144, 495, 540
staphylococcal scaled-skin syndrome (SSSS) 178
Staphylococcus aureus 389
colonisation in eczema 185
methicillin-resistant see methicillin-resistant Staphylococcus aureus
muscle infection in diabetes 185
Panton–Valentine leucocidin strains 110
Staphylococcus skin infections 176, 177
steriling solutions, contact lens 440
steroid therapy see corticosteroids
Stevens–Johnson syndrome 443, 449, 450
stingrays 429, 430, 595
stings
marine, pre-travel safety advice 595
removal, bee, wasp and hornet stings 429
venomous 415–431
bee, wasp and hornet 428–429, 443
echinoderm 431
fish see fish stings
jellyfish 430–431
scorpion see scorpion stings
see also bites
stockings, compression 311, 518
stomach, pregnancy-related changes 492
stonefish 429, 430
stool examination, asymptomatic travellers  281, 459
Streptococcus pneumoniae, multi-drug resistant  273
Streptococcus skin infections  176, 177
stress
aid workers and expatriates  532–533, 542, 543
air crew  319, 322
air travel-related  15, 315–316, 318–319, 321
expedition travel-related  333
heat  347–348
hyperventilation and  294
management training  543
stretchers
air passengers on  305, 307, 403
scoop  413, 413
strongyloidiasis (Strongyloides infection)  264, 278, 279, 546
'larva currens' rash  168, 279
in migrants and refugees  560, 561
screening  281
treatment vs.  282
students
medical, global health and  575
travel  7, 12
subacute lupus erythematosus  191
subaqua swimming
decompression sickness susceptibility and  296
see also diving
subarachnoid haemorrhage, air ambulance transfers and  408
subcutaneous injection, vaccines  212
suborbital space flight  613
sudden infant death syndrome (SIDS)  456
suit squeeze, in divers  370
sulfadoxine–pyrimethamine (SP) therapy
in children  449
in expatriates and aid workers  540
in pregnancy  489, 494
resistance  128
sun
magnetic field  290
see also ultraviolet (UV) radiation
sunburn  190, 349–350
children  456
eyelids  434
polar environment  362–363
protection against  350, 362
treatment  363
sunglasses  349, 436
sunlight exposure
cataracts and  435–436
eye protection  436
ocular damage  434–435
sunscreens  350, 362
for children  456
suramin, African trypanosomiasis treatment  52, 116, 172
surveillance, travel-related diseases
detection of sentinel events  51–53
outbreaks  156, 158
risk estimates and  50–51
systematic observations  48–50
sweating  346, 347
in motion sickness  301
swimmer's itch  123, 176, 278
swimming
accident prevention  455
associated skin conditions  176
fish sting avoidance  429–430
injuries related to  591
jellyfish sting avoidance  430
safety advice  595
schistosomiasis risk  123
subaqua
decompression sickness susceptibility and  296
see also diving
tetanus, diphtheria and pertussis vaccine
booster doses  452
Australia  246, 254
UK  216, 233, 234
US  251
in children  216, 233, 250–251, 254
Tapeworm infections  279
tap water  199
T cells
acquired immunodeficiency  505–506
congenital immunodeficiency  504–505
'team building' training  543
team sports
infectious diseases and  606
see also athlete(s)
tears, artificial  436
teenagers
body fluid exposures  457–458
see also children; young people
teeth
barotrauma  295, 371
care of, immigrant children  458
telemedicine
cruise ship  390–391
in-flight  309
polar regions  353
temazepam  300
jet lag management  300, 321
temperature
atmospheric  290
control see thermoregulation
decompression sickness susceptibility and  296
human core  346
low see hypothermia
measurement  353–354
stability of ocular preparations  442
wet globe bulb  347
terminology, fitness to fly  306
terrorism  543
tetanus  452
immunoglobulin  234
post-exposure prophylaxis  234
vaccine
booster  234, 452
in ocular trauma  441, 442
in pregnancy  479, 480
see also tetanus, diphtheria and pertussis vaccine
tenancy, diphtheria and pertussis vaccine
233–234, 250–251, 254–255, 452
booster doses  452
Australia  246, 254
UK  216, 233, 234
US  251
combined with hepatitis B and Hib vaccines 243
combined with hepatitis B and polio vaccines 243, 250
efficacy 234
immunisation schedules 452
Australia 246, 254–255
Canada 251
New Zealand 254
UK 215, 233–234
US 250–251, 451
indications 233
post-exposure tetanus prophylaxis
234, 254–255
in pregnancy 251, 479, 480
reporting/referral agencies 484
routine immunisation 216, 233, 246
side effects 233
in travellers 233
UK 233
US 250–251
tetracyclines
acne treatment 187
breast-feeding and 496
in children 450
relapsing fever treatment 108
rickettsial infection treatment
104, 181
thalassemia 562
thermography, infra-red 362
thermoreceptors 346, 353
thermoregulation
in children 347, 353
in hot environments see under hot environments
physiology 346, 353, 356
in pregnancy 477
thermoregulatory set point (TRSP) 353
thick blood films, malaria diagnosis 269, 270
thin blood films, malaria diagnosis 269, 270
thrombocytopenia
in returned travellers 275
in snake envenomig 418
thromboembolic disease
high altitude-related 344
see also venous thrombosis
thymus disorders, yellow fever vaccine-associated viscerotropic disease risk 239
tiabendazole, cutaneous larva migrans

treatment 169
TIBOLA (tick-borne lymphadenopathy) 156, 157
tick(s) 174
control measures 89
removal 174
tick bites 174–175
avoidance 110
clinical features 174, 174
management 175
tick-borne diseases
Crimean–Congo haemorrhagic fever 96
encephalitis see tick-borne encephalitis
relapsing fever 107
Rocky Mountain spotted fever 180
tick-borne encephalitis 88–89, 152, 485
clinical features 89
diagnosis 89
epidemiology 88
geographical distribution 88, 88, 89
pathology 88–89
prevention 89
tick-borne encephalitis vaccine 89, 234
in athletes 609
efficacy 234
in expatriates and aid workers 539
immunisation schedule 219, 234
indication 234
in pregnancy 483, 485
tick-borne lymphadenopathy (TIBOLA) 156, 157
tick-borne relapsing fever 107
tick paralysis 174
tick typhus 103, 180, 180, 271
clinical features 104, 180
epidemiology 103
time zone changes 299, 320
contraception and 465, 467
diabetes management and 521
menstrual cycle and 463
see also jet lag
timolol, side effects 443
tinea corporis 181, 182, 182
tinea gladiatorum 606
tinea pedis 181
tingling, in hyperventilation 295
tiredness see fatigue
tissue plasminogen activator (tPA), frostbite management 361
Tityus serrulatus 426
toilet facilities, hot environments 348
topical steroids, eczema treatment 186
torture victims 562
tourism
changing trends 11–13
impact on travel medicine 13–14
destinations 4, 4, 5
economics 5–6, 6, 6
future trends 4, 7
government legislation 402
growth of 3–4, 4, 9
health see health tourism
impact of SARS 10, 11
modes of transport 9, 10
outbound 4–5, 5
risk exposure and 10–11
space see space travel
tourism industry
expansion 3–4
risk management 10, 401
toxic shock syndrome 348
toxocariasis 280
toxoplasmosis 444
in pregnancy 444, 477
tracheostomies 523–524
trachoma 443, 606
traditional healers, snake bite
management 416
training
crisis management 543–544
cross-cultural 542, 543, 562
first aid, aircrew 310
medical, for remote environments 332
paediatric travel medicine 460
psychological, expatriates and aid workers 542–543
trains, infectious disease transmission and 147
tramadol 332
transient parasitic pneumonitis 279
transmeridian travel see time zone changes
transplantation
haematopoietic stem cell 505–506, 509
solid organ 507, 509
transport accidents 589–591
see also motor vehicle accidents
transportation, medical, limited duty of
first aid, aircrew 310
expansion 3–4
risk exposure and 10–11
space see space travel
transport safety
593–594, 594
trapped gas dysbarism 295–296
trauma
ocular see ocular trauma
pregnant women 478
in space 619
travel-related see injury, travel-related travel
destinations 4, 4, 5
ethical perspectives 573–578
fitness for 27–36
flexible arrangements, requirement for

insurance see insurance, travel international

destinations 4, 4, 5

future trends 4, 7, 21
growth of 20, 21, 146

visiting friends and relatives 566

medico-legal issues see medico-legal issues, travel medicine

types 6–7, 7

see also tourism; specific types of travel

travel clinic 37–43

immunisation 37, 38, 40–41

information resources 38–40, 39

models 37, 38

operations 40–41

patient information brochures 43

staff 37–38, 38

trip risk assessment see pre-travel assessment

travel health physicians

injury prevention advice 401

training 460

see also physicians; pre-travel advice

travel history 260–267

activities undertaken 264

countries/localities visited 262

drugs and vaccinations 41, 262

initial questions 261

mode of travel 265–266

patients who have not travelled 266–267

places visited 262

reasons for travel 264

sexual activities 264–265

timing of travel 262, 264

type of traveller 261–262

travel immunisation see immunisation, travel

travellers 556

detention of 591

expectations 12

fitness to travel 27–36

health risks see health risks, travel-related

high risk see high-risk travellers

information resources 132

returned see returned travellers of size 28, 28–29

see also specific types

traveller’s diarrhoea 197–208, 274

aetiology 197–198, 198, 450

antibiotic resistance 42, 199, 201, 202, 207

in athletes 608

chemoprophylaxis 42, 205–207, 206, 207

in children 72, 200, 450–451, 459

clinical features 201, 274

on cruise ships 266, 389

definition 197

in diabetic travellers 29, 517, 519

in elderly travellers 200, 517

epidemiology 198–199, 450

in high-risk travel groups 517–518, 524

host susceptibility factors 200–201, 476, 517, 524

immunisation 207–208, 239

in pregnancy 486–487

in immunocompromised travellers 35, 200, 517

in pregnancy 31, 476, 490–491

pre-travel advice 42, 205, 206

prevention 42, 205–208, 450, 476, 517–518

risk factors 199–201

self-treatment 42, 201, 203

diabetic travellers 29

pregnant travellers 31, 476

symptom management 203, 205–206

treatment 42, 73–74, 201–204, 450–451, 517

algorithm 204, 204

antimicrobial therapy 201–203, 202

in diabetics 29, 519

general principles 201

oral rehydration therapy and feeding 201, 450

in pregnancy 476, 490–491

viruses causing 72–73, 198, 198

see also viral gastroenteritis

traveller’s respiratory syndrome 389

traveller’s thrombosis see venous thrombosis

travel planning see pre-travel planning

travel-related injury see injury, travel-related

travel restrictions, HIV-infected travellers 34

trematode (fluke) infections 274, 278, 278, 279

see also specific infections

trench foot 350

treponemal skin lesions 177–178

Treponema pallidum 177

triatominsects 118, 118, 119, 172, 561

control measures 119

trichinosis 280

Trichophyton 181, 182

Trichophyton mentagrophytes 181, 182

Trichophyton rubrum 181, 182

Trichophyton tonsurans 606

Trichosporon 154

Trichurus trichiura infection 279

Trimeresurus flavoviridis 415

trimethobenzamide, for sea sickness 388, 388

trimethoprim, acne treatment 187

trimethoprim–sulfamethoxazole (TMP–SMX)
in pregnancy 31, 476, 491

resistance 202

traveller’s diarrhoea prophylaxis 207

traveller’s diarrhoea treatment 202, 207

trip operators, medico-legal issues

insurance 585

liability 581–583

general 582–583

limited duty to transport 583

negligent hiring 583

reducing exposure 583–585

The Americans with Disabilities Act 584–585

duty to warn 584

insurance 585

medical clearance of participants 584

participation agreement 585

trofozoites, malaria 126, 127

tropical infectious diseases see infectious diseases

tropical pulmonary eosinophilia (TPE) 273, 279

tropical rattlesnake 415, 419

tropical skin diseases see skin diseases

tropical sprue 274

tropical ulcer 178

TropicNetEurop 48, 159

dengue fever reports 49–50

malaria reports 48–49

risk estimates 50

trustworthiness, travel medicine professionals 574

trypanids 172

Trypanosoma brucei

life cycle 116, 117

see also African trypanosomiasis

Trypanosoma brucei gambiense 115, 116, 172

Trypanosoma brucei rhodesiense 115, 116, 172

Trypanosoma cruzi 118, 172, 561

life cycle 118, 118

see also see South American trypanosomiasis
trypanosomiasis 115–119, 172
African see African trypanosomiasis
South American see South American trypanosomiasis
tsetse fly 115
bite avoidance 117
control measures 116–117
Trypanosoma brucei transmission 115, 116, 117, 172
tsutsugamushi fever see scrub typhus
TT virus 55–56
tuberculin purified protein derivative 235
tuberculin skin testing 234, 235, 251
children 458
diabetic travellers 520
expatriates and aid workers 541, 548
pregnant women 479, 480
visiting friends and relatives (VFR) travellers 568
tuberculosis (TB) 99, 152, 568
in children 458, 568
cutaneous 179
in diabetic travellers 520
drug resistance 559
extensively drug-resistant TB 152
multidrug-resistant TB 21, 152, 540, 541
in expatriates and aid workers 540–541
extrapulmonary 559
incubation period 264
in migrants and refugees 458, 558, 559
occupational risks 264
in pregnancy 486
risk factors 541
screening
expatriates and aid workers 548
immigrant children 458
transmission in aircraft 265
vaccine see Bacille Calmette–Guérin (BCG) vaccine
in visiting friends and relatives (VFR) travellers 568
tumbu fly 277
Tunga penetrans 172–173, 277–278
tungiasis 172–173
two-weekly contact lenses 439
typhoid 99, 100, 101–103, 235, 609
in children 7, 102
clinical features 102, 271, 272, 273
diagnosis 102–103
epidemiology 102, 235
pathology 102
in pregnancy 484
risk factors 199
treatment 103
vaccine see typhoid vaccines
in visiting friends and relatives (VFR) travellers 568
see also Salmonella typhi
typhoid vaccines 208, 235–236, 251, 255
booster doses 219, 236, 241, 248, 255
in children 219, 236, 452, 453–454
combined hepatitis A vaccine 218, 221, 235, 247
efficacy 236, 262
in HIV-infected travellers 511
immunisation schedules
Australia 248, 255
Canada 251
UK 219, 236
US 241, 251
inactivated 235, 236
indication 235
live oral 235–236, 251, 255
in pregnancy 480, 484
side effects 235–236, 484
typhus 100, 103–104, 180–181
clinical features 104
diagnosis 104
epidemic 103, 180–181
epidemiology 103
louse-borne 103, 180–181
murine 181
pathology 104
prevention 104
scrub see scrub typhus
sporadic 181
tick see tick typhus
treatment 104
see also rickettsial infections
ulcers
Buruli 179
mouth 262
pyogenic 177, 177
tropical 178
ultraviolet (UV) radiation 349–350, 362
ocular damage 434–436, 437
skin disorders see photosensitivity disorders
type A 349–350
type B 350
underwater environment 363–364
United Kingdom (UK) Health Protection Agency (HPA) 39
immunisation schedule 213, 214–219, 220
imported malaria 267, 267–268
National Travel Health Network and Centre (NaTHNaC) 39, 132
tourism to 4
United Nations World Tourism Organisation (UNWTO) 9, 11
United States (US)
The Americans with Disabilities Act 584–585
Centers for Disease Prevention and Control (CDC) see Centers for Disease Prevention and Control (CDC), US
Health Insurance Portability and Accountability Act (HIPAA) 584
immunisation
information resource 213b
information resource for travellers 132
tourism to 4, 4
Universal Coordinated Time 320
unplanned pregnancy 470
urban yellow fever 82
see also yellow fever
urinary incontinence, women 463
urinary tract problems
diabetic travellers 520
women 463, 465
urticaria 187–188
solar 188, 190
urticarial vasculitis 188
vaccination 209–213
asplenic travellers 506–507
athletes 609
breast-feeding travellers 211
children see children, vaccination contraindications 209–210
definition 209
diabetic travellers 29, 520
elderly travellers 32, 526–527
expatriates and aid workers 538–539
history 41, 262
HIV-infected travellers 32–34, 210–211, 510, 511, 511
immunosuppressive therapy and 210, 508, 509
information resources 213b
organ transplant recipients 507
pregnant women see under pregnant
women
see also immunisation; vaccine(s)
vaccine(s)
administration see vaccine
administration
allergies and hypersensitivity reactions
210
breast-feeding and 496
inactivated 209, 210
in immunocompromised travellers
32–33, 210
in pregnancy 211, 479
live 209, 210
contraindications 210, 503, 506, 507, 509
in immunocompromised travellers
33, 210, 503, 505, 506
immunosuppressive drugs and 508, 509
in pregnancy 31, 210, 503, 505, 506
immunosuppressive drugs and 508, 509
in pregnancy 31, 210, 479
lyophilised 211
management, travel clinic 40–41
reconstituted 211
storage, information resources 213b
Summary of Product Characteristics 211
toxoid 210
in immunocompromised travellers 210
in pregnancy 211
types 209, 210
see also immunisation; vaccination;
specific vaccines
vaccine administration 211–213
best practice guidance 212b
information resources 213b
intradermal injection 212–213
intramuscular/subcutaneous injection
212
technique 211–212
vacuum mattress 413, 413
vagina, discharge/itching 463–464, 465
vaginitis 463–464, 465
varicella 236
in migrants and refugees 561
varicella vaccine 236, 251, 453
in children 451, 453
combined with MMR vaccine 250, 251, 255
contraindications 236
efficacy 236
immunisation schedules 453
Australia 247, 255
Canada 251
UK 219, 236
US 251, 451, 453
in immunocompromised travellers
32, 33, 236
indication 236
in migrants and refugees 561
post-exposure 236
in pregnancy 485, 486
reporting/referral agencies 484
side effects 236
varicella zoster immune globulin (VZIG)
in immunocompromised travellers
33, 236
in pregnancy 486
varicella zoster vaccine see herpes zoster
vaccine
varicella zoster virus (VZV) 78, 236
vasculitis, urticarial 188
vasoconstriction in divers 366
in frostbite 358
in hypothermia 355
vasodilation in frostbite 358, 359
heat-associated 347, 349, 350
vasodilators, frostbite management 361
vector-borne parasitic diseases
112–124
see also specific diseases
vectors
imported 266
see also specific vectors
Venezuelan haemorrhagic fever 93, 149
venomous bites 415–431
snake see snake bites
spider see spider bites
venomous stings see under stings
venous thrombosis
air travel-associated risk 16, 289,
310–311, 408, 518
in athletes 602
high altitude-related 344
in pregnancy 31, 470, 474–475
prevention 311, 518
risk factors 310–311, 518
in women 470
ventilation, mechanical, in air ambulance
transfers 407
ventilators, air ambulances 407, 409
ventricular fibrillation, in hypothermia
354, 355
vertical transmission see perinatal
transmission
very high altitude 336
see also altitude
Vessel Sanitation Program (VSP) 389
vestibular apparatus, in motion sickness
301–302
veterinarians 264
vibration, hyperventilation and 294
Vibrio cholerae 197–198, 220
see also cholera
Vibrio vulnificus infection 178, 178, 524
villages, athlete 605
vinegar, for jellyfish stings 431
violence
effects on migrants and refugees
562
against women 496
vipers 415
carpet 415, 416
diagnosis of envenoming 419–420
effects of envenoming 417, 417, 418, 418, 420
fangs 415, 416
Malayan pit 415, 416, 417
pit 415
Russell’s 415, 416, 419
ture 415
viral gastroenteritis 72–74, 198
aetiology 72–74
clinical features 73
on cruise ships 266, 389
diagnosis 73
epidemiology 73
geographical distribution 73
management 73–74
pathology 73
prevention 74
see also traveller’s diarrhoea
viral haemorrhagic fevers 89–96
Crimean–Congo haemorrhagic fever 96
Ebola virus disease see Ebola virus
disease
Lassa fever see Lassa fever
Lujlo virus 149
Marburg virus disease 89–91
in returned travellers 21, 22, 262, 270–271, 275
South American 94–96
viral hepatitis see hepatitis, viral
viral infections 55–96
emerging pathogens 154
skin 184–185
traveller’s diarrhoea 198, 198
see also specific viral infections
virtue ethics 573–578, 574
visceral larva migrans 280
visceral leishmaniasis (kala-azar) 112, 471
diagnosis 115
in immunocompromised individuals 114
incubation period 115
in pregnancy 471
treatment 115
see also leishmaniasis
viscerotropic disease, yellow fever vaccine-associated 239
vision, effects of alcohol poisoning 443
visiting friends and relatives (VFR) travellers 7, 7, 558, 566–570
barriers to pre-departure care 569
definition 566–567
health risks 7, 147, 261, 567–569
emerging infections 568–569
hepatitis A 568
HIV infection 568
malaria 560, 567
sexually transmitted infections 568
tuberculosis 568
typhoid and paratyphoid 568
vaccine-preventable infections 568
strategies to reduce barriers to care 569
visual disturbances, in hyperventilation 295
visual impairment
travellers with 527
see also blindness
visual system, in motion sickness 301, 302
vitamin B6 (pyridoxine) 491, 492
vitamin deficiencies, migrants and refugees 562
vitiligo 194
vitreous detachment, posterior 441
vomiting
in motion sickness 301
oral contraceptive pill and 466
in snake envenoming 418
von Kármán line 613, 614
wasp stings 428–429
water
absorption 348
hot, for stings see hot water treatment ingestion
hot environments 348–349
polar environments 363
treatment (purification) 34, 476
see also dehydration
water-borne illness
vaccine see yellow fever vaccine virus (YFV) 82
visceral leishmaniasis (kala-azar) 112, 471
diagnosis 115
in immunocompromised individuals 114
incubation period 115
in pregnancy 471
treatment 115
see also leishmaniasis
viscerotropic disease, yellow fever vaccine-associated 239
vision, effects of alcohol poisoning 443
visiting friends and relatives (VFR) travellers 7, 7, 558, 566–570
barriers to pre-departure care 569
definition 566–567
health risks 7, 147, 261, 567–569
emerging infections 568–569
hepatitis A 568
HIV infection 568
malaria 560, 567
sexually transmitted infections 568
tuberculosis 568
typhoid and paratyphoid 568
vaccine-preventable infections 568
strategies to reduce barriers to care 569
visual disturbances, in hyperventilation 295
visual impairment
travellers with 527
see also blindness
visual system, in motion sickness 301, 302
vitamin B6 (pyridoxine) 491, 492
vitamin deficiencies, migrants and refugees 562
vitiligo 194
vitreous detachment, posterior 441
vomiting
in motion sickness 301
oral contraceptive pill and 466
in snake envenoming 418
von Kármán line 613, 614
wasp stings 428–429
water
in elderly travellers 527
in HIV-infected travellers 511
immune-modulating drugs and 509
immunisation schedules
Australia 248
UK 219, 239
US 241
in immunocompromised travellers 210–211, 238, 511
indications 236–238
in pregnancy 211, 238, 485, 486
reporting/referral agencies 484
side effects 84, 238–239, 454, 527
WHO recommendations
travel to Africa 237, 237–238
travel to Americas 237–238, 238
yellow fever vaccine-associated encephalitis 238–239
yellow fever vaccine-associated neurological disease (YEL–AND) 239
yellow fever vaccine-associated viscerotropic disease (YEL–AVD) 239
young people
body fluid exposures 457–458
high-risk behaviour 265, 325
ocular exposure to ultraviolet radiation 434
tourism trends 12
impact on travel medicine 14
see also children
zaldaride, traveller’s diarrhoea treatment 204
zanamivir 76–77, 608
zebrafish 429, 430
‘Zeitgebers’ 299, 321
zolpidem 342, 526, 605
zoonotic infections 155, 264
emerging pathogens 155–156
imported 266
see also specific infections
Zygomycetes 154