

YELLOW BOOK (PROVIDERS)

Announcer: This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Shelly Diaz: Hi. I'm Shelly Diaz from the Centers for Disease Control and Prevention. Today, I'm talking to Dr. Christie Reed with the CDC's Travelers' Health Group. Dr. Reed, what is the Yellow Book?

Christie Reed: Well the real name for the Yellow Book is "Health Information for the International Traveler." The cover is yellow, so it's just gotten that nickname "The Yellow Book." It's an up-to-date resource for those who advise travelers about health risks abroad and things they can do to prepare.

SD: Who is the yellow book for?

CR: It's for health care providers to assist them in advising their patients who travel. It's for anyone who travels abroad, whether for business, pleasure, if they're adopting internationally, or for immigrants who go home to see friends and relatives. It's also for the travel industry, as they advise travelers.

SD: Is the yellow book only for exotic travel or travel medicine specialists?

CR: No. Really it's for everyone in practice, as most primary care practitioners advise travelers, at least occasionally. And most problems for travelers are not exotic infections, but usually due to underlying health issues, and those often occur in developed countries, in part because that's where so many people go.

SD: What else is new in this edition of the Yellow Book?

CR: The seasonal flu chapter has been expanded because we know there're so many questions about avian and pandemic flu. We've also added a chapter for humanitarian workers, to help them prepare for going abroad. For the health care practitioner, the especially important parts would be the up-to-date malaria risk and medication advice. In particular, we've revised the mefloquine resistance maps, and there's new malarone dosing for infants. There's up-to-date vaccine guides, and also there's an up-to-date section on the role of the clinician versus the traveler and versus the travel industry.

SD: Now that you've told us about the new features, can you tell us about some of the standard recurring features?

CR: The vaccine and malaria prophylaxis recommendations for general travelers and special populations, such as pregnant or breastfeeding women, pediatric population, and the immuno-compromised are our basic and are always included; of course they're up to date. But also there's information on managing chronic healthcare conditions. There are resources for travelers with disabilities, and there's a chapter on healthcare

concerns by region of the world. Other information that's helpful to the clinician would be the disease specific maps. But it's not just about infectious diseases. There's also information on jetlag and motion sickness.

SD: Where can healthcare providers get a copy of the Yellow Book?

CR: It's really easy this year. We have it in bookstores. It's also online through online book sellers. But the simplest place would be to go to www.cdc.gov/travel, our home webpage, and there's a link directly from that site to the publisher.

SD: Dr. Reed, do you have any last words of advice for healthcare providers?

CR: Just remember that people of all ages are traveling. We hear questions from persons traveling with infants, and our oldest traveler asking a question was 99. Also, to anticipate: our immigrant families travel to visit friends and relatives, so even if they don't mention travel, ask them about their plans. It's also a good idea to locate up-to-date resources, such as the Yellow Book, or the website that I mentioned – www.cdc.gov/travel, because the information often changes. But in general, advise travelers to use common sense, wash their hands, and have fun.

SD: Thank you, Dr. Reed, for providing this information. The Yellow Book can help health care providers to ensure their patients enjoy a safe and healthy trip. For more information on travelers health and the Yellow Book, go to www.cdc.gov/travel.

Announcer: To access the most accurate and relevant health information that affects you, your family, and your community, please visit www-dot-cdc-dot-gov.