

# Suggested Reading

## Health and Safety for Travelers & Vital Records

A selection of books, web sites and articles.

### **BOOKS**

- Fodor's Travel Publications  
[Travel Fit & Healthy](#) 613.68 Travel:Fit
- Hirsch, Pamela  
[The Traveler's Natural Medicine Kit: Easy and Effective Remedies for Staying Healthy on the Road](#) 613.68 Hirsch
- Murphy, Christine, ed.  
[Vaccination Dilemma](#) 614.47083 Vaccinat
- Nwanna, Gladson, I. , ed.  
[Americans Living Abroad: What You Should Know While You Are There](#) 910.20208913 Americans
- Piven, Joshua and David Borgenicht  
[The Worst-Case Scenario Survival Handbook: Travel](#) 613.69 Piven
- Swan, Sheila and Peter Laufer  
[Safety and Security for Women Who Travel](#) 910.202082 Swan
- Wagner, Vigi, ed.  
[Do Infectious Diseases Pose a Serious Threat?](#) YA 614.4 Do:Infect
- Vincent, Bambi  
[Travel advisory! : how to avoid thefts, cons, and street scams while traveling](#) 362.88 Vincent
- Weinberg, Winkler G.  
[No Germs Allowed!: How to Avoid Infectious Diseases at Home and on the Road](#) 616.9045 Weinberg
- Zeer, Darrin  
[Travel yoga : stretches for planes, trains, automobiles, and more!](#) 613.7046 Zeer

### **WEB SITES - Health:**

- Centers for Disease Control  
(Cruise ship inspection reports) [www.cdc.gov/nceh/vsp/default.htm](http://www.cdc.gov/nceh/vsp/default.htm)
- Centers for Disease Control "Traveler's Health" <http://www.cdc.gov/travel/>
- Jefferson County Dept. of Health & Environment  
"International Travel Clinic" [www.co.jefferson.co.us/health/health\\_T111\\_R116.htm](http://www.co.jefferson.co.us/health/health_T111_R116.htm)
- Medical College of Wisconsin "Travel Medicine" <http://healthlink.mcw.edu/travel-medicine/index.html>
- U.S. Dept. of State "Travel & Living Abroad" [www.state.gov/travel/](http://www.state.gov/travel/)
- World Health Organization "International Travel & Health" [www.who.int/ith/en/](http://www.who.int/ith/en/)

JCPL 2/2006



## **WEB SITES – Safety:**

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|-----------------------------------------------------------------------|------------------------------------------------------------------------------------|
| U.S. Customs and Border Protection                                    | <a href="http://www.customs.ustras.gov/">www.customs.ustras.gov/</a>               |
| U.S. Dept. of State “Travel Warnings” & “Consular Information Sheets” | <a href="http://www.travel.state.gov/travel/">www.travel.state.gov/travel/</a>     |
| U.S. Dept. of State “Passports”                                       | <a href="http://www.travel.state.gov/passport/">www.travel.state.gov/passport/</a> |
| U.S. Dept. of State “U.S. Embassies and Consulates”                   | <a href="http://usembassy.state.gov/">http://usembassy.state.gov/</a>              |

## **MAGAZINE AND NEWSPAPER ARTICLES:**

Current magazine or newspaper articles on travel health or safety can be found via the library’s subscription databases. As a library card holder, you can search EbscoHost for magazines, or Newsbank, for newspaper articles. To begin your search:

1. Go to <http://jefferson.lib.co.us> and click on the button “Research Tools.”
2. Select “[Magazines and Newspapers](#)” from the left-hand column.
3. Click on EbscoHost or Newsbank, then type in your search words (ex.: travel health, influenza, bird flu).

Note: If you are searching from home, have your library card number handy to access these databases.

## **VITAL RECORDS**

### **Books:**

Kemp, Thomas Jay

[International Vital Records Handbook](#)

R929.373 Kemp

### **Websites:**

Colorado Official Birth, Death, Marriage, and Divorce Certificates

[www.cdphs.state.co.us/hs/certs.asp](http://www.cdphs.state.co.us/hs/certs.asp)

Jefferson County “Vital Records”

[www.co.jefferson.co.us/ext/dpt/health/administration/admin\\_vital\\_records.htm](http://www.co.jefferson.co.us/ext/dpt/health/administration/admin_vital_records.htm)

National Center for Health Statistics

<http://www.cdc.gov/nchs/howto/w2w/w2welcom.htm>

JCPL 2/2006

**Jefferson County Public Library**