Discussion Guide



Travel 911
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Travel Health

Summary

Emergency Medicine Physician and Travel Doctor, Yvette McQueen, M.D., shares information on everything you need to know to travel well: from what to pack to traveler's diarrhea to skin issues and more to ensure you have a pleasant trip. Preventative measures and some quick first aid tips along with steps you can take in case you or a loved one experiences an unexpected medical event while traveling are featured in *Travel 911: A Health Guide for Adventurers*.

Questions

1. What health information stood out to you the most from the book?
2. Did the book invite you to define concrete actions to prepare for travel?
3. What do you think are the most essential actions to take before traveling?
4. What was your favorite part of the book? Why?
5. For you, what was your least favorite or most challenging part? Why?
6. How did your opinion of the book change while you read it?
7. What surprised you most?
8. What was missing and what do you wish was included?
9. Are there any lingering questions from the book you are still thinking about, and if you could ask the author anything, what would it be?
10. How do you relate this book to your personal history and community?
11. Did the book remind you of anecdotes from your life or someone close to you?
12. What other readings would you like to tackle after reading this book?

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